**5th grade final exam study guide answers**

1. **Boredom**- is the state of being restless and not knowing what you want to do.
2. **Anger**-is a feeling of being irritated or annoyed
3. **Grief-** is a discomfort that results from a loss such as death
4. **Depression**- is a feeling of sadness and gloom
5. **Shyness**- is a feeling of not being comfortable around other people
6. **Self-esteem**-is a feeling of pride in yourself
7. **Emotion**-is a feeling inside you
8. **Personality-** is the blend of all your talents, traits and actions
9. **Stressor**- anything that causes you stress
10. **Risk Behavior**- a action that can be harmful to you and others
11. **Decibel**- the measurement of sound
12. **Target Heart Rate**- a safe heart rate for working out
13. **Heart Rate-** The number of times your heart beats each minute
14. **Medical check-up-** A series of tests that measures your health status
15. **Peer Pressure**- is the influence people your age have on you. Can be positive or negative
16. **Cardiorespiratory Endurance**-is the ability to stay active without getting tired
17. **Periodontal disease-**is a disease of the gums and bone that support the teeth.
18. **Resistance skills**-are skills that help you resist pressure to make a wrong decision

**Know the 6 traits of character**

* Trustworthiness
* Responsibility
* Respect
* Fairness
* Caring
* Citizenship

**Know what a positive attitude** is- Always looking on the bright side

**Know the parts of the ear**

* Outer ear-funnels sound
* Ear canal-carries the sound to your ear drum
* Ear drum-a thin membrane that vibrates when hit by sound
* Cochlea- a shell shaped part of the ear that sends messages to the brain of what you are hearing

**Know the parts of the eye**

* Pupil- a hole in the center of the eye
* Lens- focuses images
* Retina- sends messages to the brain what you are seeing

**Know how often to get a medical check-up**

* Once a year

**Know how often to go to the dentist**

* Every 6 months

 **Know how often to get an eye exam**

* Once a year

 **Know the parts of the health triangle**

* Physical health
* Mental & Emotional Health
* Family & Social Health

**Know the stages of sleep & when you dream**

* Stage 1
* Stage 2
* Stage 3
* Stage 4
* Stage 5 REM stage you dream

**Know how to take care of your teeth**

* Brush twice a day
* Floss at least once a day
* Dental check- up & cleaning every 6 months

**Know how to keep your eyes healthy**

* Don’t touch or rub your eyes
* Don’t look directly in the sun
* Always read or when on a computer have the lights on
* Use sunglasses when outdoors when it is sunny

**Know how to manage your anger**

* Leave the situation
* Count to ten
* Tell the person why you are angry
* Be physical active to reduce stress
* Ask an adult they may have a solution