

Worksheet 1: Reflection Questions

Instructions: Read each question carefully and write your response in the space provided.

1. Think about a time when you had trouble understanding instructions. How did that make you feel? How did you overcome the challenge?

Response:

2. Why is reading and writing important for your health? Give two reasons.

Response:

3. Have you ever had difficulty understanding health information? If yes, explain the situation and how it made you feel. If no, think about how it would feel if you couldn't understand important health information.

Response:

4. How can you help a friend who doesn't speak English well and needs to go to the doctor?

Response: