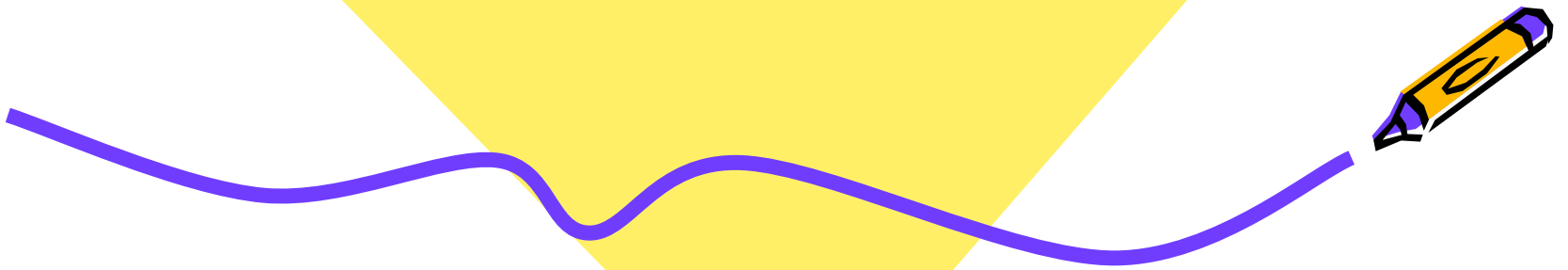


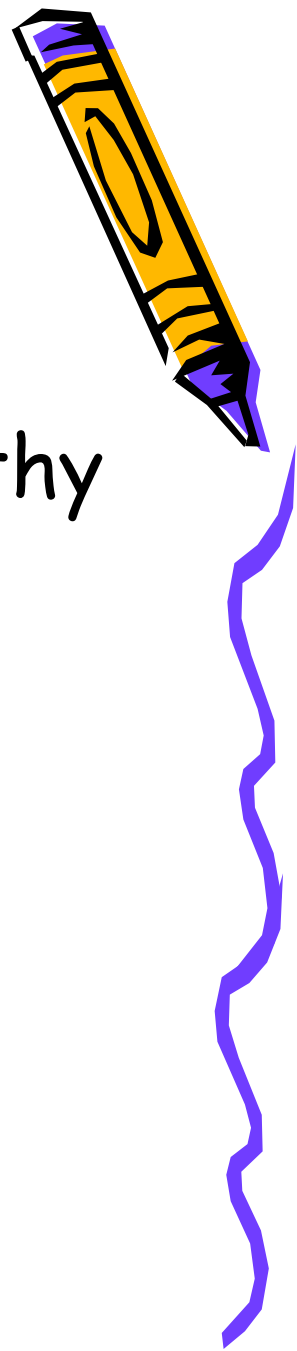


Health Triangle Introduction



In Your Rows:

- Create a list of characteristics/traits that a healthy person possesses.
- 1 person per row come up to the board to write down the list your group created





Part 1: Your Health Triangle



The Health Triangle

Good health is pictured as a triangle with equal sides.

Like the sides of a triangle, the three “sides” of health meet.



Mental/Emotional Health



Physical Health



Social Health

Pre Health Triangle Exercise



- 1. Think about your overall health, and rate the 3 sides of the health triangle, with 1 being the strongest and 3 being the weakest.
 - **You can have a tie if you believe you are equally strong in two or more areas.
- 2. Briefly describe how you determined your rating
- 3. Write down 3 examples that would fall under each side of the health triangle (physical, mental/emotional, social)



▣ Physical Health

- The condition of your body (taking care of it.)
- Measured by what you do as well as what you can't do.

▣ Mental/Emotional Health

- Measured by the way you think and express your feelings.
- Develop good mental/emotional health by learning to think positively and express your feelings in healthy ways.

▣ Social Health

- Communicating well and having respect for family, friends, and acquaintances.
- Building relationships with people you can trust and who can trust you in return.



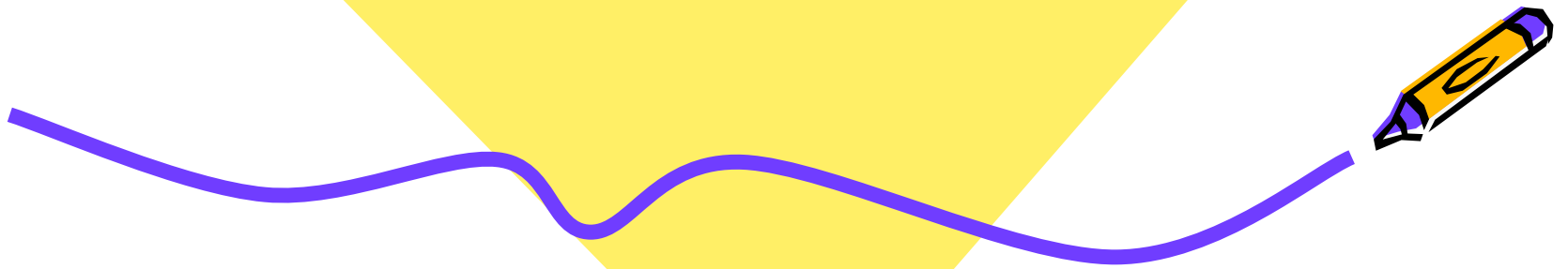
Health





Part 2:

Physical Health

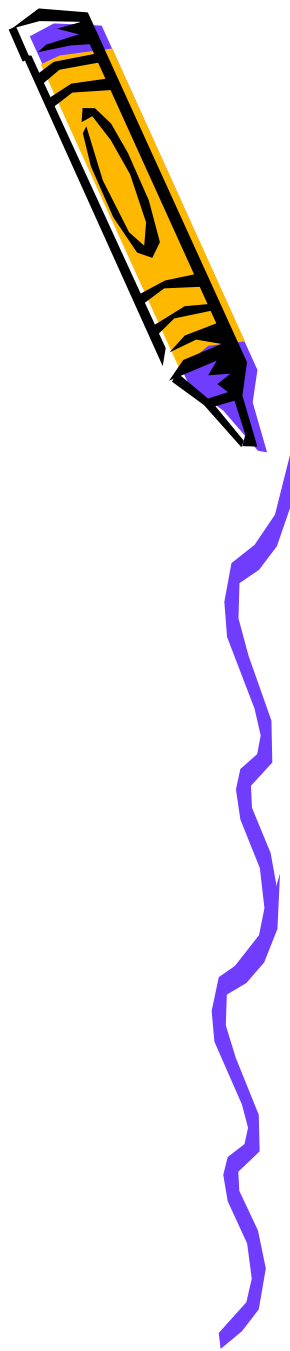


Label your paper

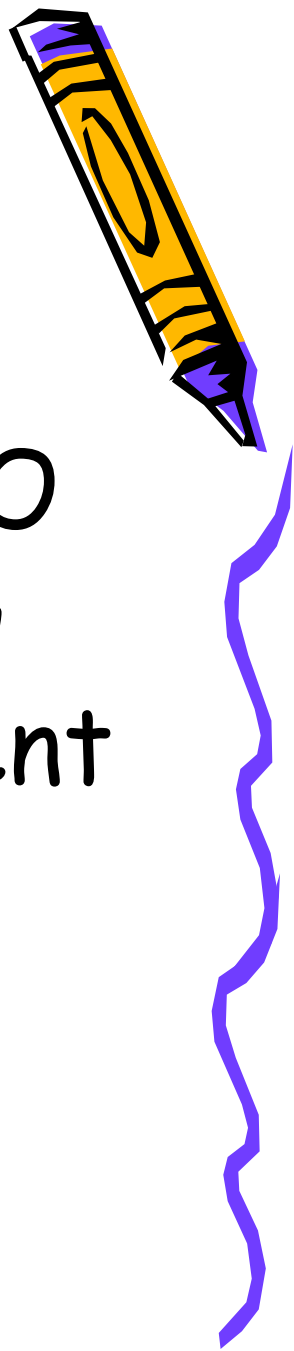
My Health Triangle

Physical Health

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)
- 6.)



For each statement that follows answer YES or NO on your paper depending upon whether the statement is true for you.





Physical Health



- 1.) I get at least eight hours of sleep each night.

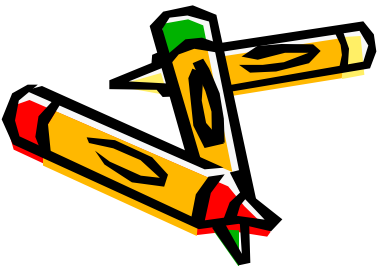




Physical Health



- 2.) I eat a well balanced diet,
including a healthful breakfast
each day.





Physical Health



3.) I keep my body, teeth, and hair clean.





Physical Health



4.) I do at least 60 minutes of moderate physical activity each day.





Physical Health



5.) I avoid using tobacco, alcohol, and other drugs





Physical Health



6.) I see a doctor and dentist for regular checkups





Part 3: Mental/Emotional Health

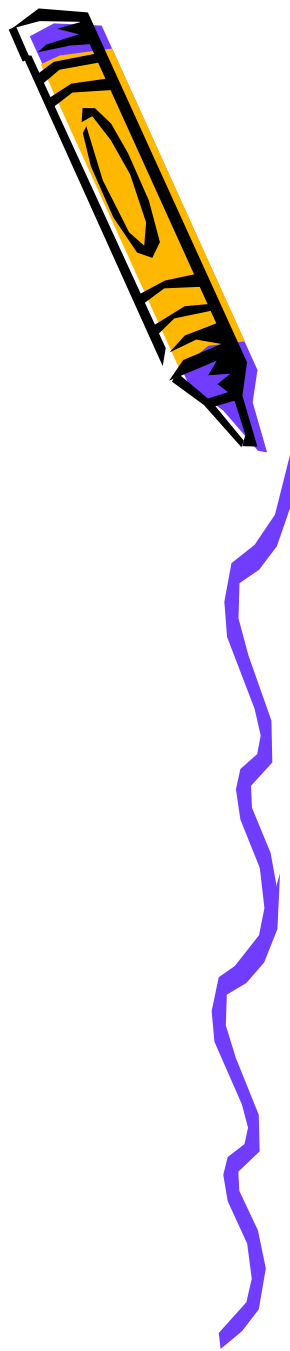


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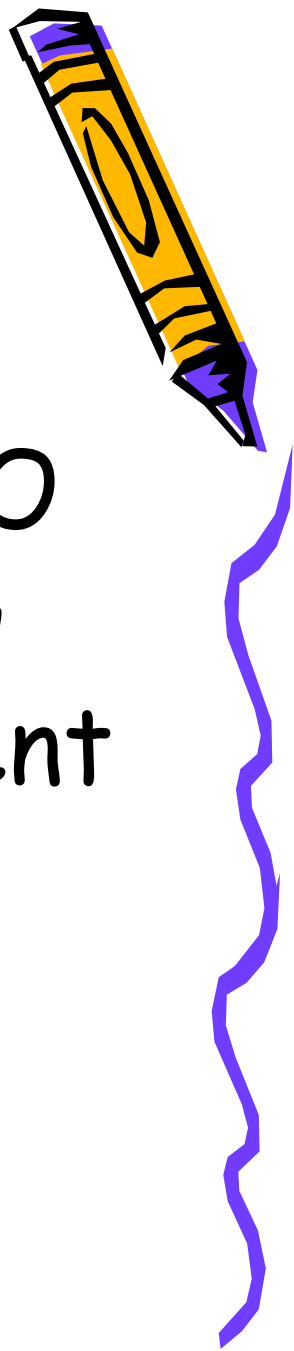
My Health Triangle

Mental/Emotional Health

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)
- 6.)



For each statement that
follows answer YES or NO
on your paper depending
upon whether the statement
is true for you

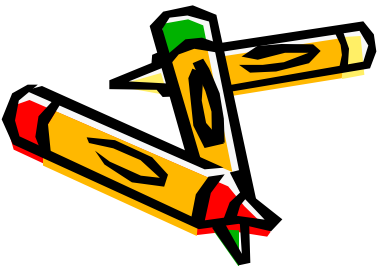




Mental/Emotional Health



- 1.) I generally feel good about myself and accept who I am.





Mental/Emotional Health



2.) I express my feelings clearly and calmly, even when I am angry or sad.





Mental/Emotional Health



3.) I manage my stress well.





Mental/Emotional Health



4.) I have at least one activity that I enjoy.





Mental/Emotional Health



5.) I do things that positively impact others around me (community service).





Mental/Emotional Health



6.) I like to learn new information and develop new skills.





Part 4: Social Health

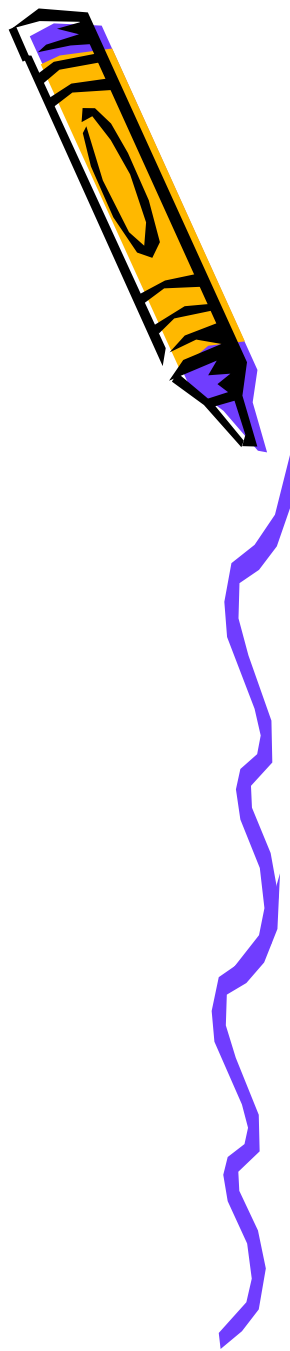


Label your paper

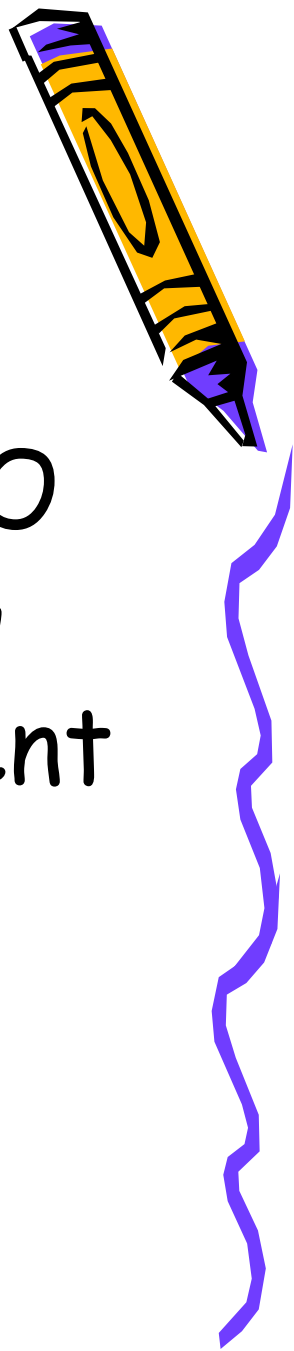
My Health Triangle

Social Health

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)
- 6.)



For each statement that
follows answer YES or NO
on your paper depending
upon whether the statement
is true for you





Social Health



1.) I have at least one close friend.

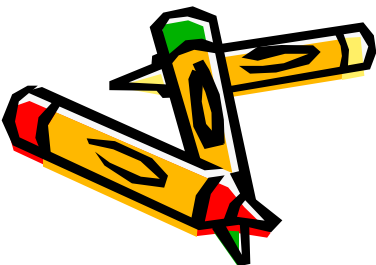




Social Health



2.) I respect and care for my family.

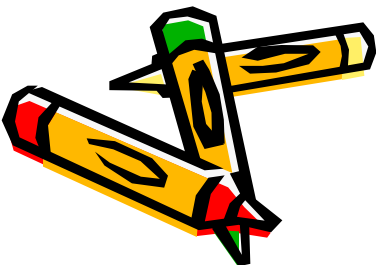




Social Health



3.) I know how to disagree with others without getting angry.





Social Health



4.) I am a good listener.





Social Health



5.) I get support from others when I need it.





Social Health



6.) I say no if people ask me to do something harmful or wrong.





Part 5: Your Results

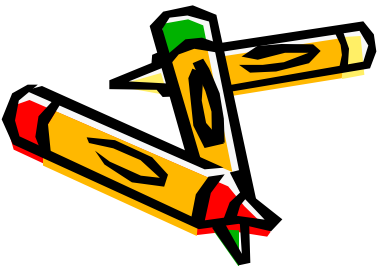


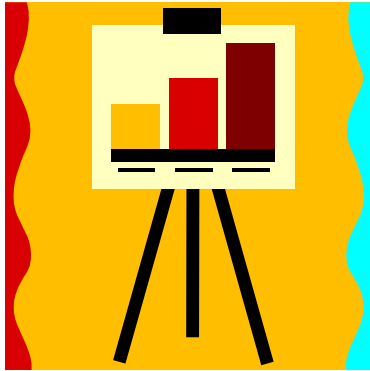


Graphing Your Results



Add up the number of yes answers for each of the 3 main categories of Health that you just answered questions for





Graphing Your Results



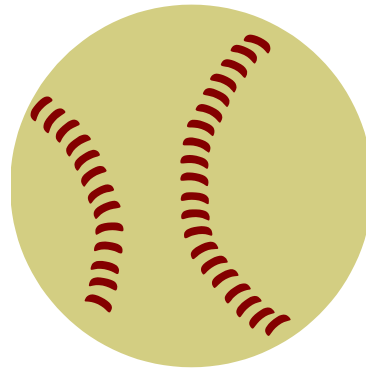
Choose a symbol to represent
each YES answer



Graphing Your Results

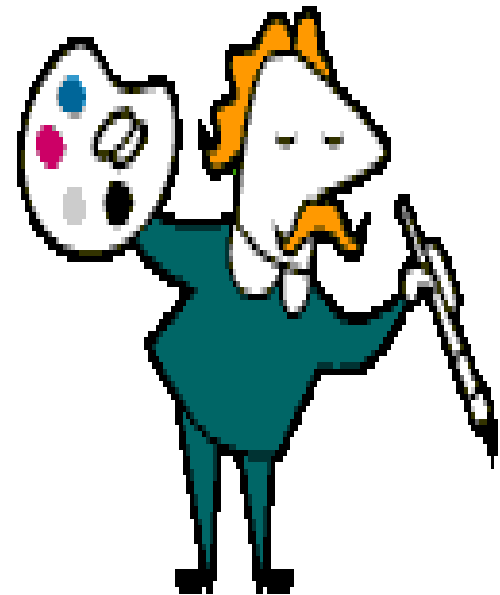


For example if you love softball
you could use:

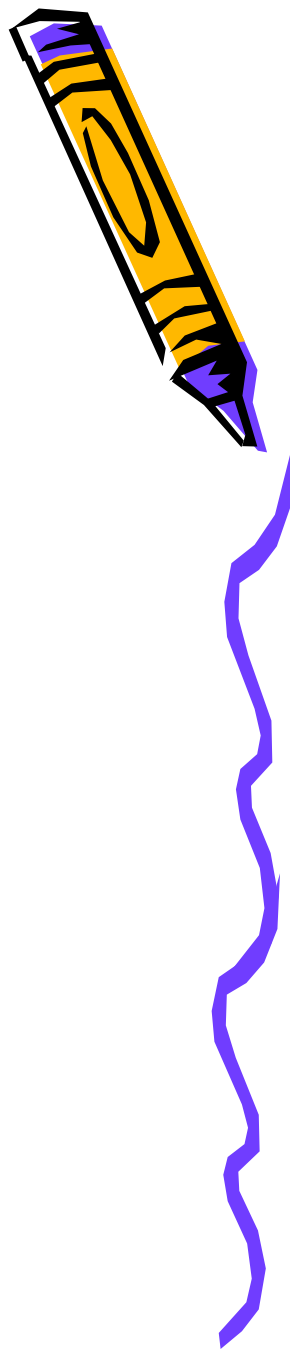


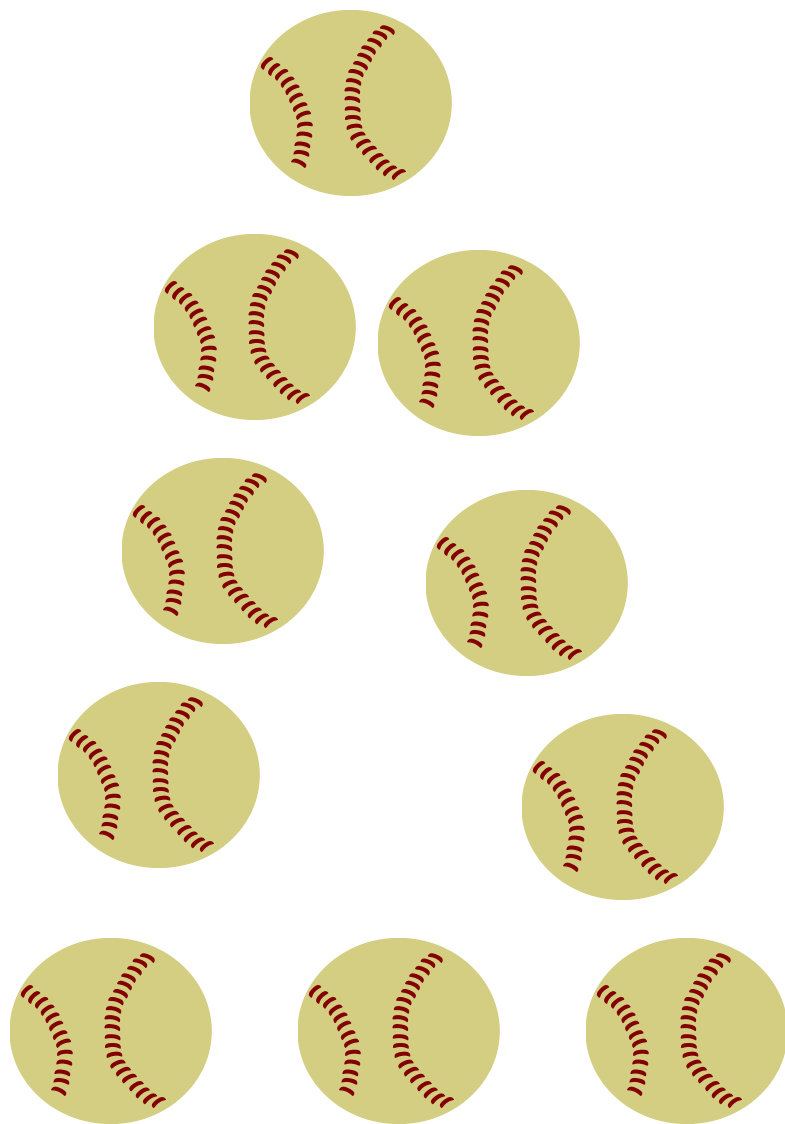
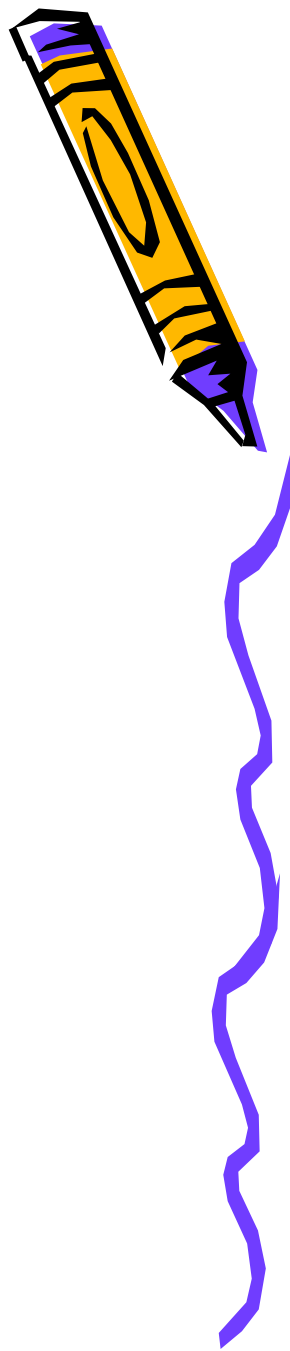
Symbols?

- ✓ Draw your own
- ✓ Use clip art



Use your symbols to form a
Health Triangle to
represent your scores





Label the sides of your Health
Triangle

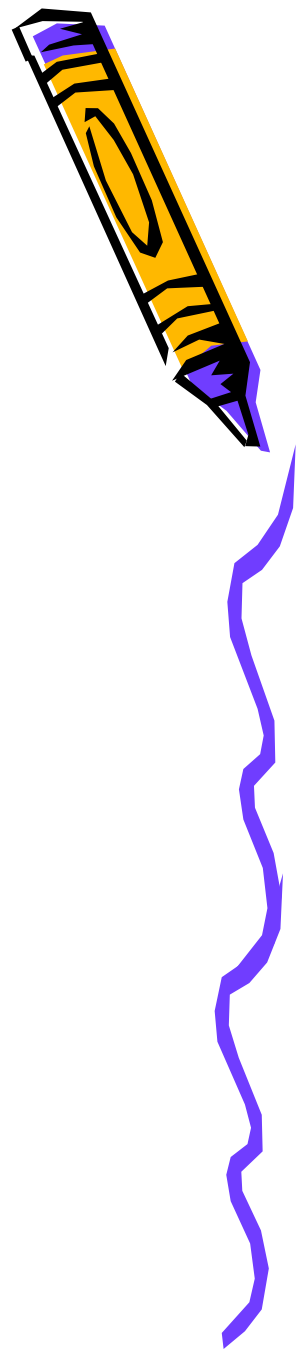
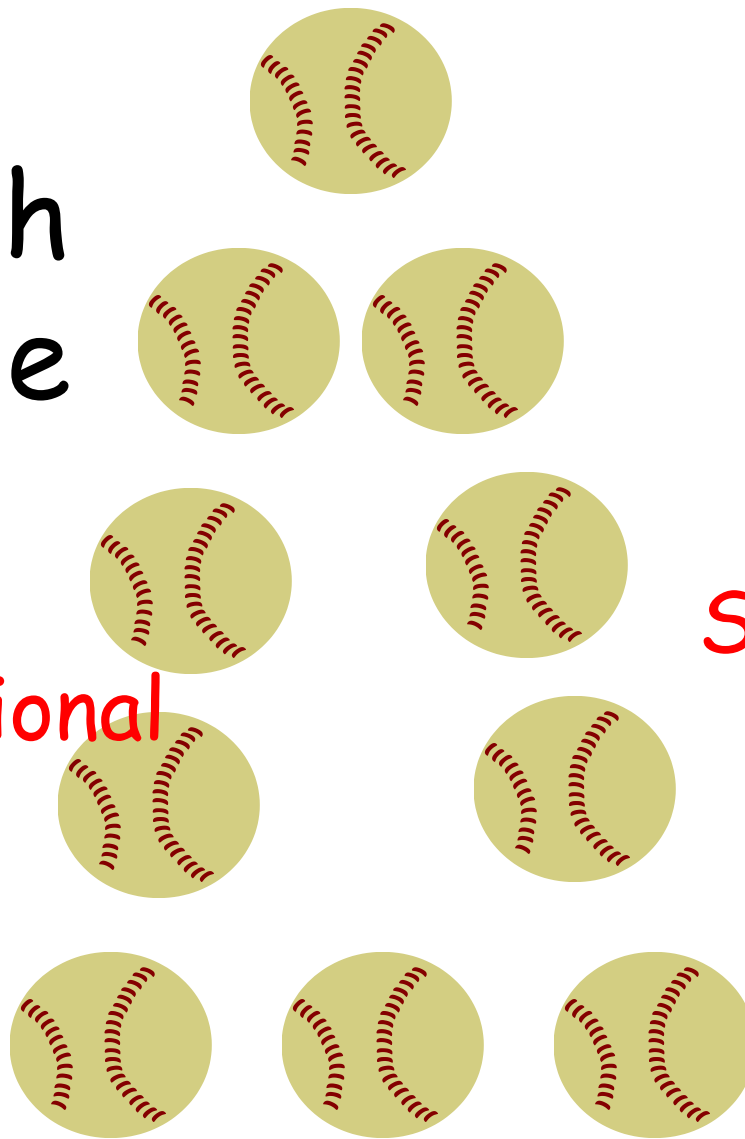


My Health Triangle

Mental/emotional

Social

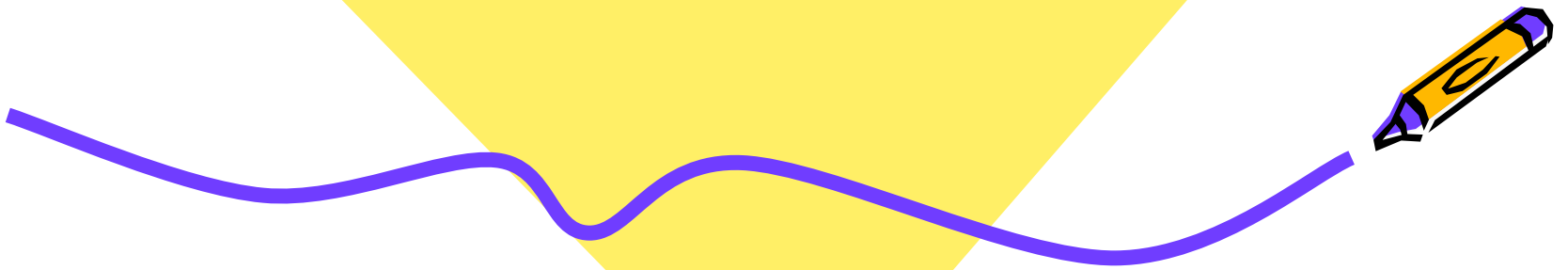
Physical





Part 6

Homework!





Homework Part A:

Think About It, Write About It

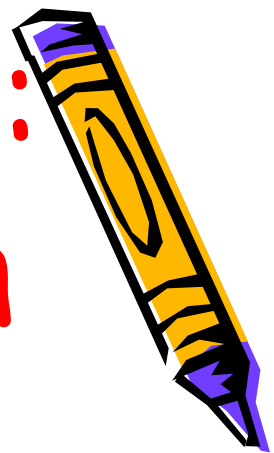


- 1.) Does your Health Triangle match what you predicted in the Pre Health Triangle exercise? If not, why was there a discrepancy?
- 2.) Which area of the health triangle do you believe is the hardest to achieve and maintain? Why?
- 3.) Which area of the health triangle do you believe is the easiest to achieve and maintain? Why?





Homework Part B: Further Exploration



Celebrity Health Triangle

1. Pick a famous athlete, actor/actress, singer, etc.
2. Research and think about events going on in their life
3. Based on your findings and knowledge of that person, rate and describe each side of their health triangle
 - Describe strengths, weaknesses, and how it affects their overall health
4. What could that person do improve their health triangle?
 - Describe specific events or details that would positively influence their health triangle





Homework Part C:

Positivity Project & the Health Triangle



1. What is your top character trait? How does this trait influence your health triangle?
2. What is your bottom character trait? How does this trait influence your health triangle?

