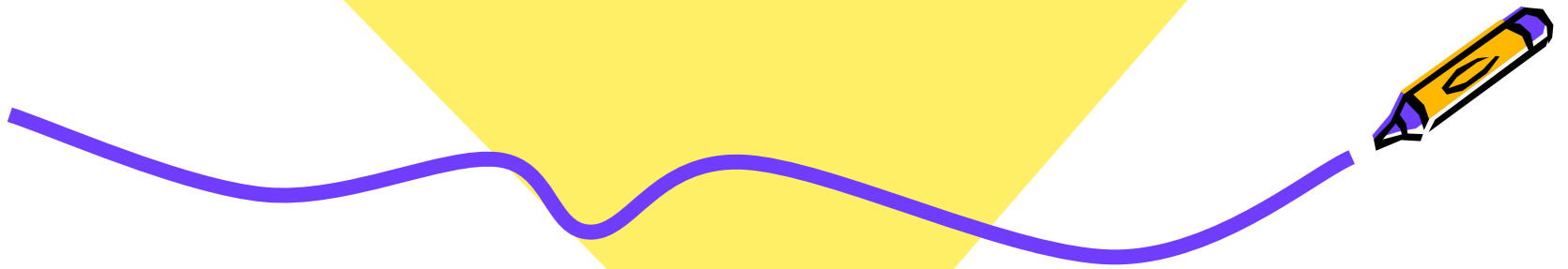
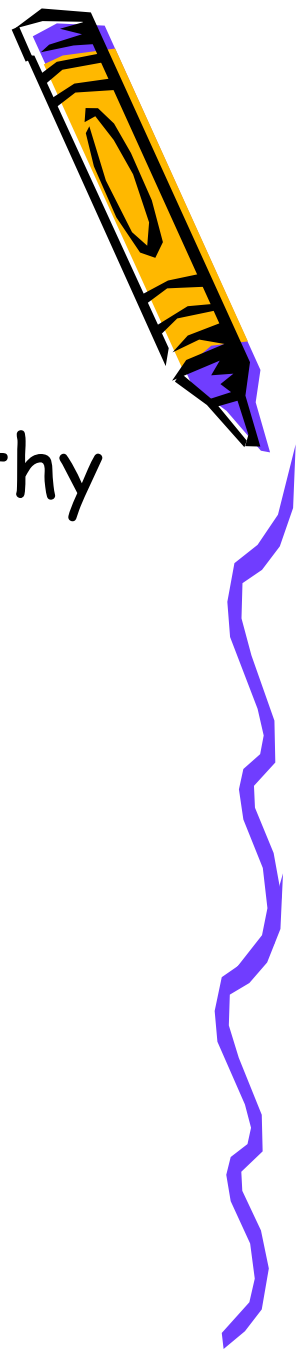


Health Triangle Introduction



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

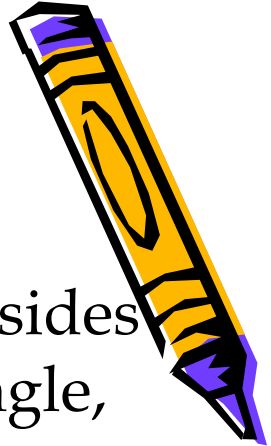




Part 1:
Your Health
Triangle



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



Physical



- Playing sports
 - Hiking
 - Swimming
 - Dancing
 - Biking
- 

Mental/ Emotional



- Having a positive attitude
- Stress management
- Build upon your strengths

Social

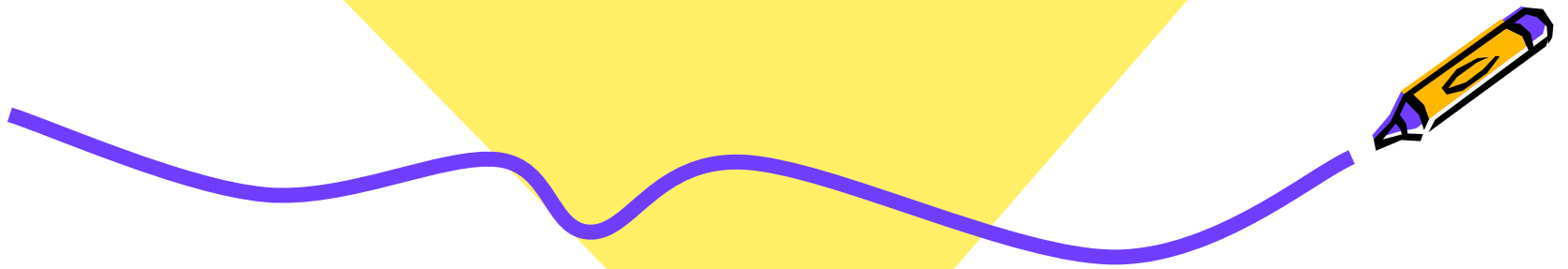


- Trust
- Building healthy relationships
- Friends can count on you



Part 2:

Physical Health

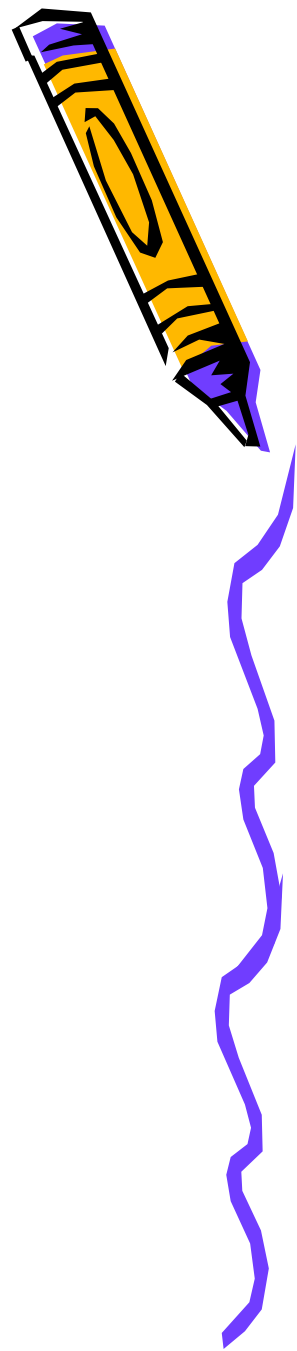


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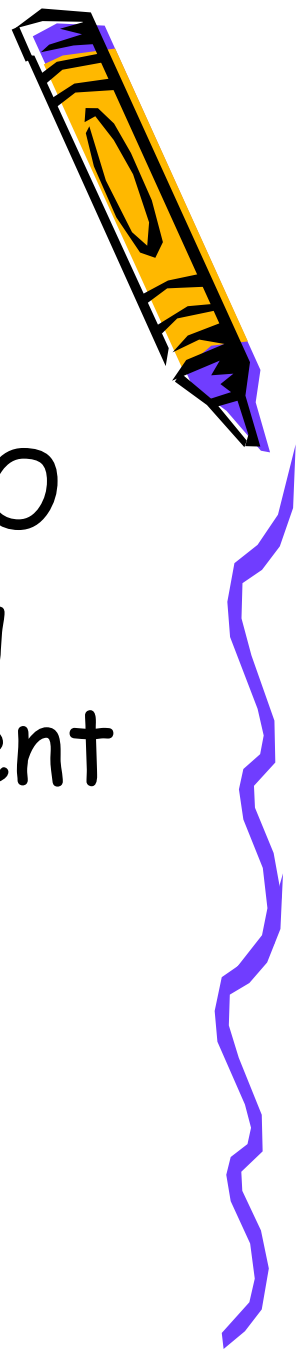
My Health Triangle

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.

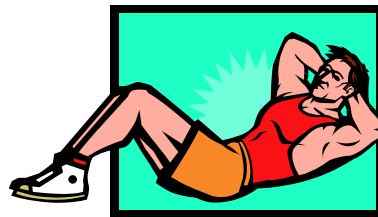




Physical Health



- 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

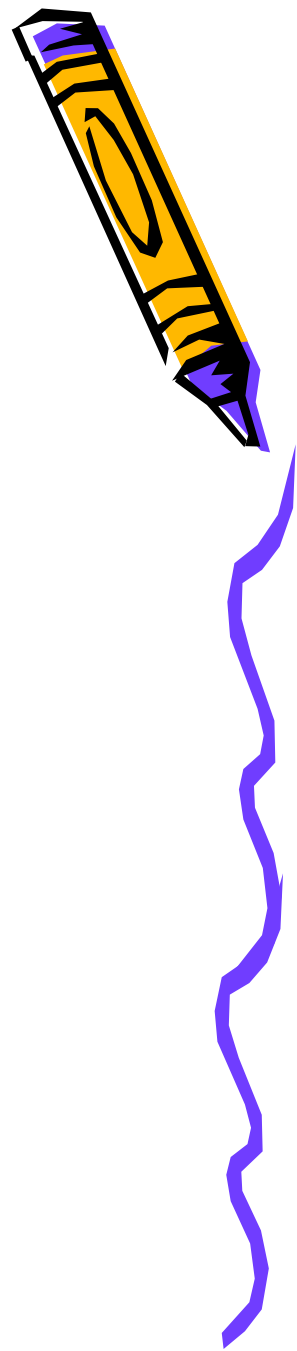


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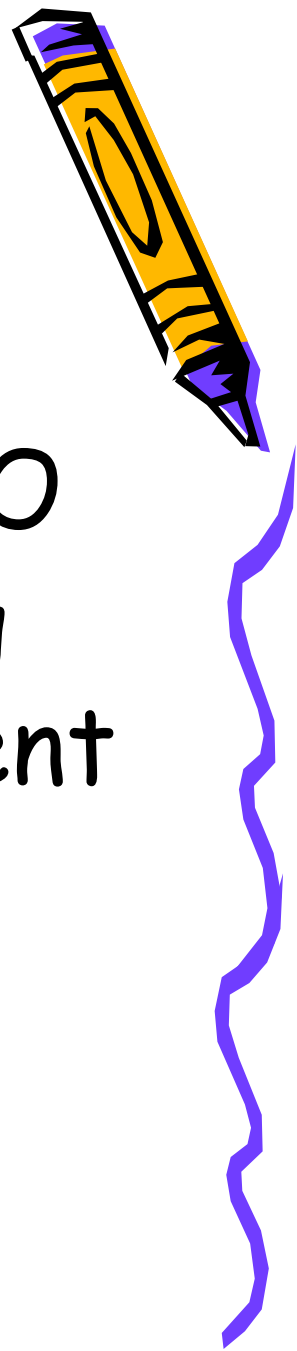
My Health Triangle

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).



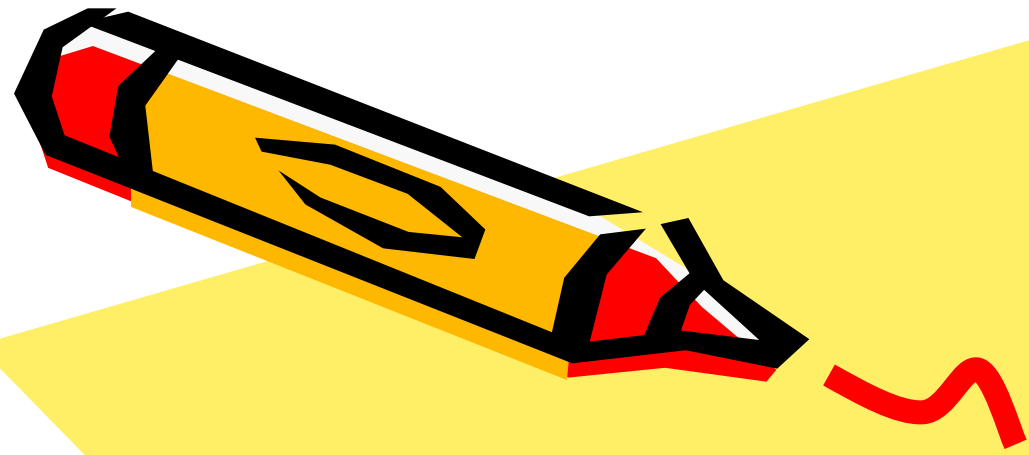


Mental/Emotional Health



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



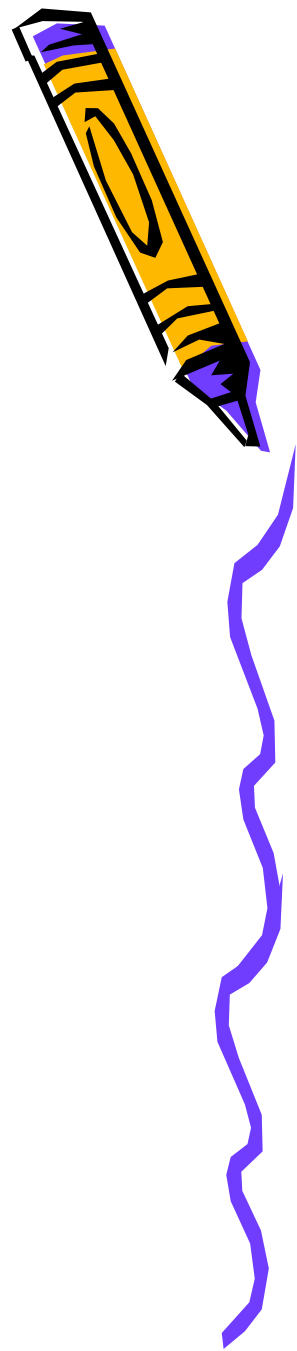


Part 4: Social Health



Label your paper

My Health Triangle

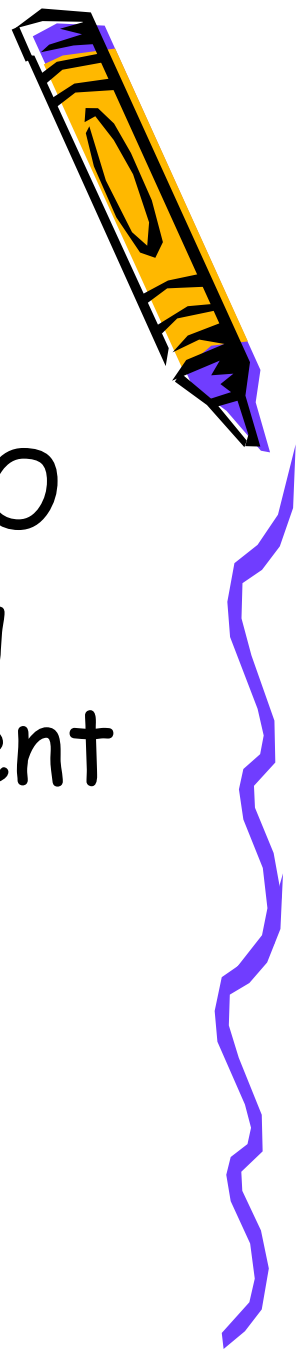


Social Health

- 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



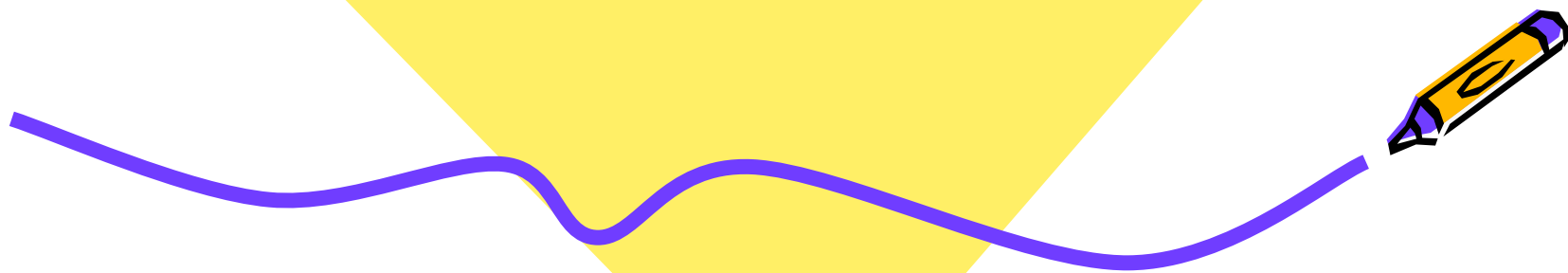
6.) I say no if people ask me to do something harmful or wrong.

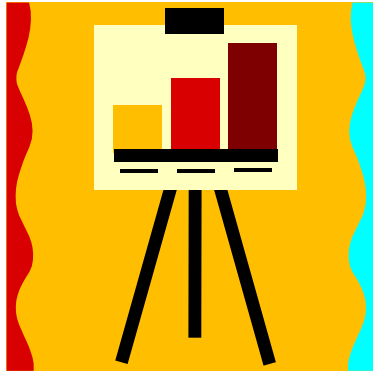




Part 5:

Your Results



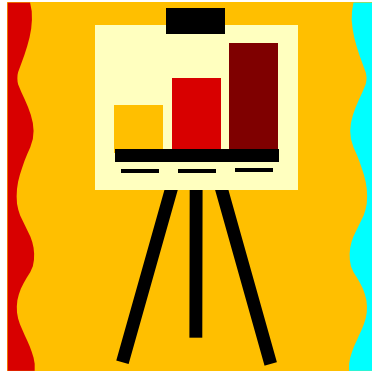


Graphing Your Results



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



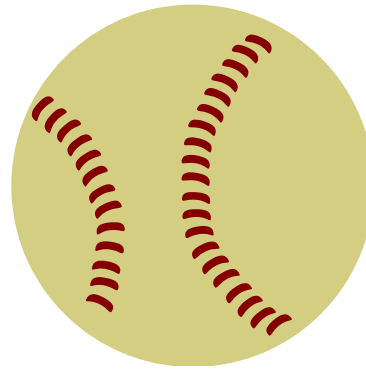
Choose a symbol to represent
each YES answer



Graphing Your Results

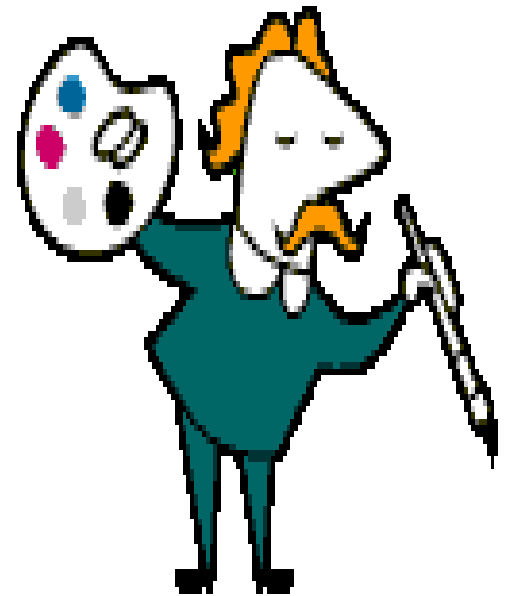


For example if you love softball
you could use:

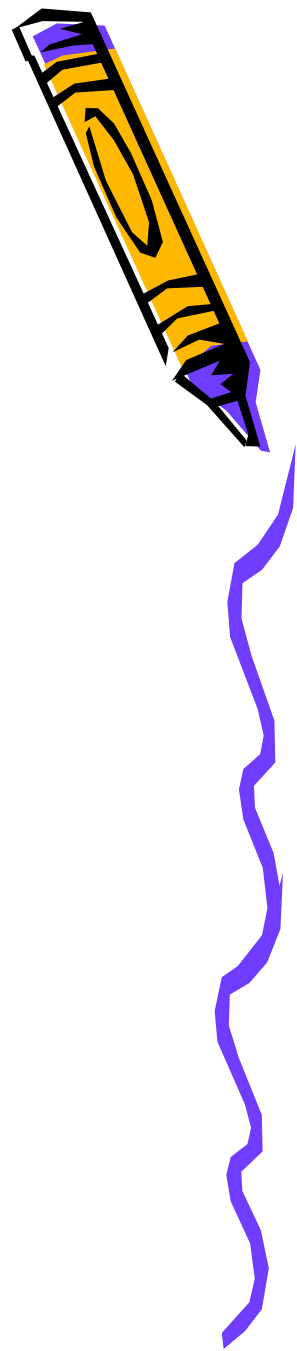


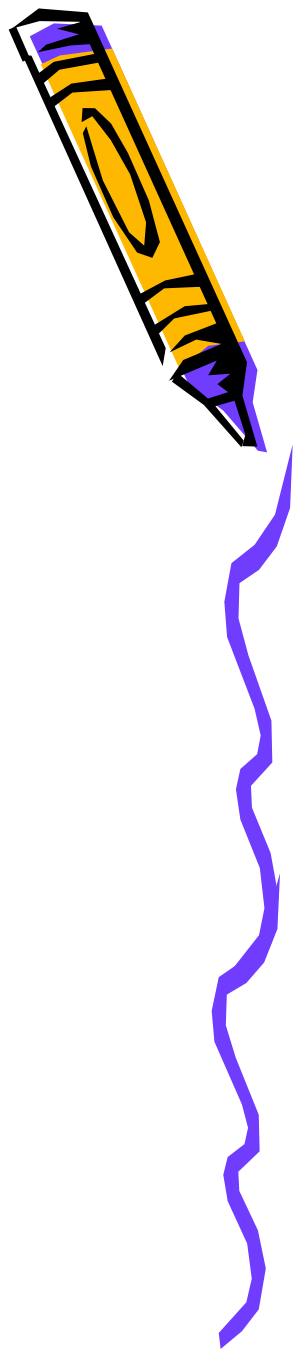
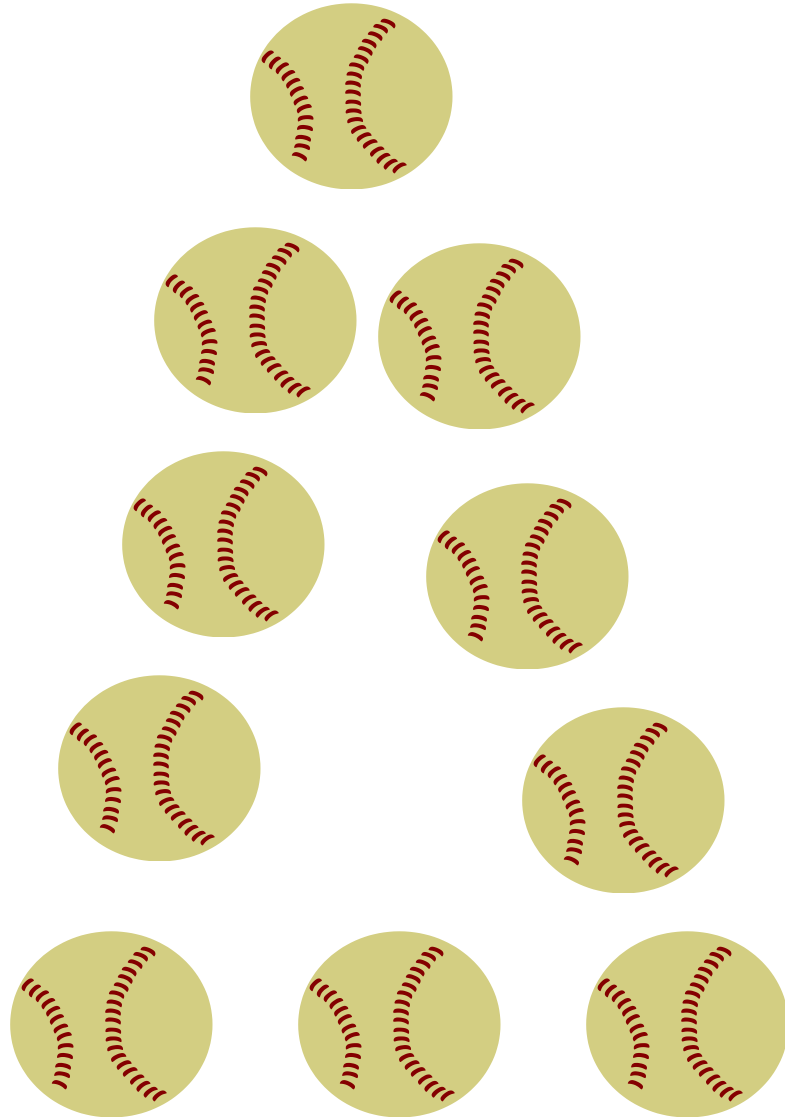
Symbols?

- ✓ 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

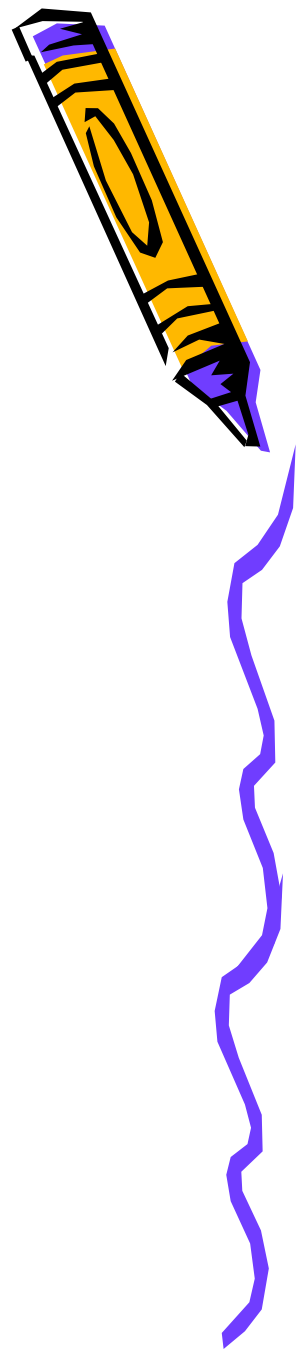
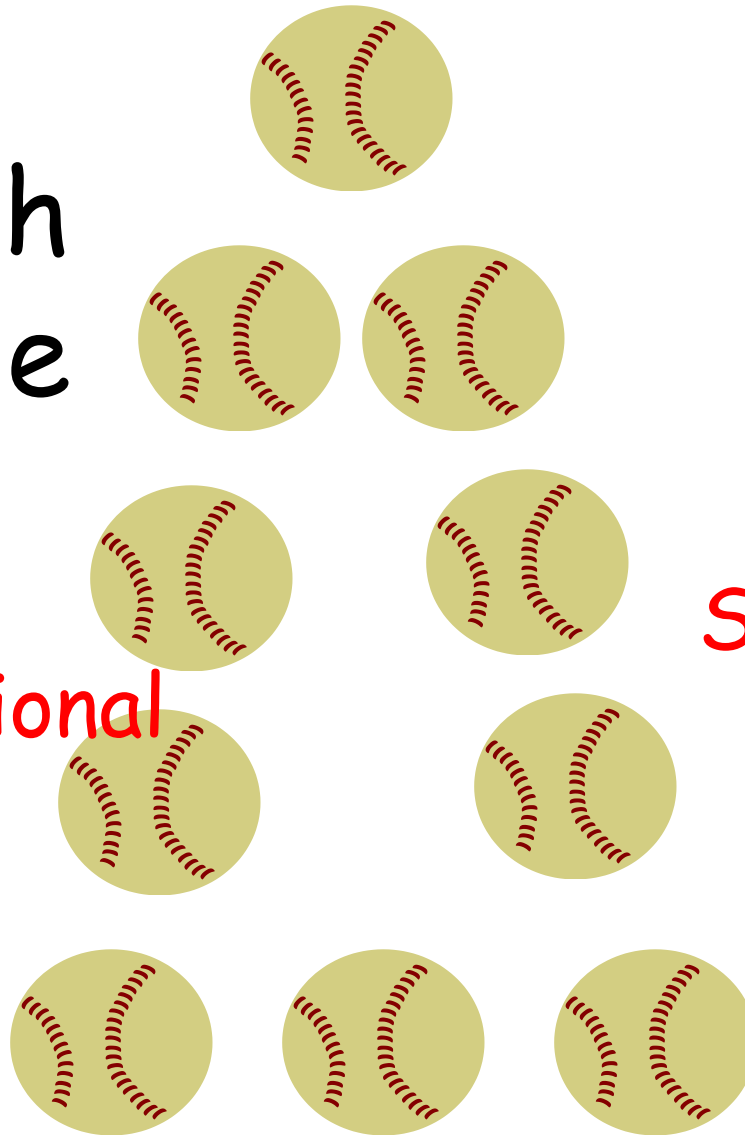


My Health Triangle

Mental/emotional

Social

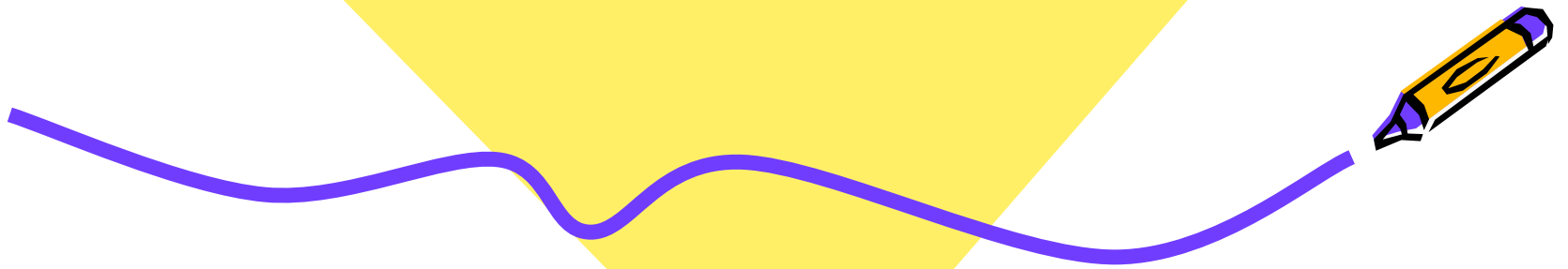
Physical





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



Family Member Health Triangle

1. Pick a family member to interview
 - Ask the same questions you had to answer in class for each side of the health triangle
2. Draw the family member's health triangle
3. Compare your health triangle to your family member's health triangle
4. What similarities exist between the two triangles? Why do you believe these similarities exist?
5. What differences exist between the two triangles? Why do you believe these differences exist?
6. Is there anything you can do with your family to help improve yours, theirs, or both of your triangles?

