



What is Health & Wellness?

Health is _____
_____.

You make choices every day that affect your health. You decide what to eat, how to spend your time, and who to spend your time with. How can you tell which choices are best for you?

10 words that come to mind when you think of GOOD Health

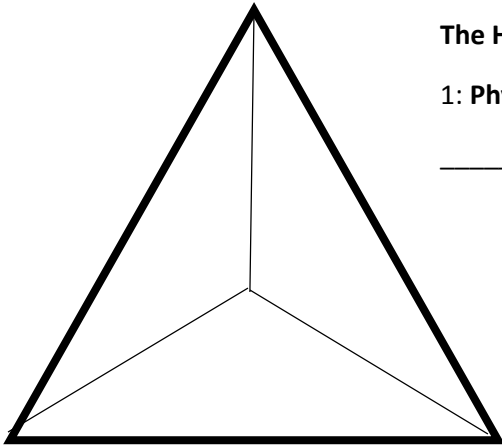
- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

The Health Triangle - each side affects the other 2 sides.

1: Physical: _____

2: Social: _____


3: Mental/Emotional: _____





The KEY is: _____

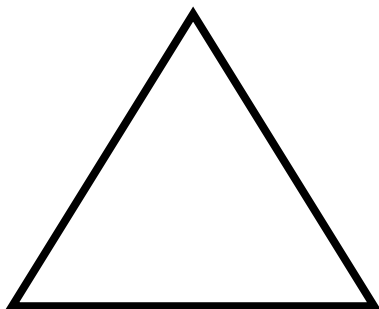
Wellness is: _____

Every decision you make affects your wellness!

Healthy snacks  _____

Doing Homework  _____

Spending time helping others  _____



List WHY its balanced or List ways you can help BALANCE it....

- 1.
- 2.
- 3.
- 4.
- 5.

Changing During the Teens Years

Adapting & coping with changes during the teen years can make you feel physically tired and emotionally stressed, for these reasons it's very important to pay attention to all sides of your health triangle.

Physical: _____

Mental/Emotional: _____

Social: _____

I LOVE Being a Teenager! 😊	☹️ I'm not so sure being a Teen is so awesome... ☹️
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Taking Responsibility for your Health

Lifestyle factors:

List a few Positive Lifestyle factors;

Risk behavior: _____

Some risks are obvious –list 2 obvious risks: _____

2 not so obvious risks: _____

Sedentary Lifestyle: _____

Risk Behaviors & Consequences - list 2 obvious risks & their consequences: _____

2 not so obvious risks their consequences: _____

Precaution: _____

Abstinence: _____

Explain HOW you protect your health triangle by practicing abstinence...

Your personal attitude (_____) plays an important role – you need to _____ that making good choices and developing good health habits can have a positive effect on your health.

If you like and _____ and believe that other people like and respect you, _____.

Taking responsibility for your health also requires self control, or _____.

Give 10 examples of how you could demonstrate SELF CONTROL.....

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

HEALTH SKILLS ACTIVITY

PRACTICING HEALTHFUL BEHAVIORS

Making Health a Habit

A first step toward improving yourself and your total health is to take an honest look at your behavior. Do you feel that you're a responsible person? Do you show that you're ready for more responsibility? You can demonstrate your readiness in several ways. For example:

- Do your schoolwork and turn it in on time.
- Do your share of the household chores without being reminded.
- If you see something that needs to be done, do it without waiting to be asked.
- Be on time.
- Keep your promises.
- Finish tasks that you start, and clean up after yourself.

You can also improve yourself by following the positive lifestyle factors shown in **Figure 1.4** on page 15. Are all of those habits part of your current daily routine? If not, try the following:

- Identify a good health habit that you would like to start. Write down the habit and the benefits that you could gain from making it part of your daily routine.
- Practice the habit several times during the next week. Each time, put a check mark next to the habit and the benefits you gained from practicing the habit.

ON YOUR OWN
Think about the ways that you demonstrated responsibility in the past week. Record the number of times you perform these actions during the week.

Please answer the questions in the space below.