



Your Health Triangle

Today's Learning Target

To be able to describe the relationship between health and wellness!

The background is a light green color with several decorative elements. There are three main curved lines in a darker shade of green, sweeping across the frame. Two starburst shapes, also in the same darker shade, are positioned on the left and right sides. The text "Part 1" is centered in the middle of the image.

Part 1

Label your paper

My Health Triangle

Physical Health

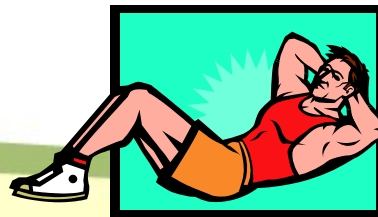
- 1.)
- 2.)
- 3.)
- 4.)
- 5.)
- 6.)

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



Physical Health

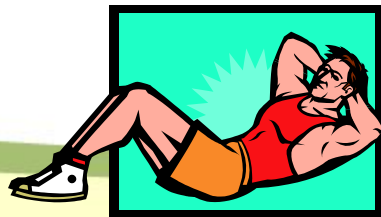
- 1.) I get at least eight hours of sleep each night.





Physical Health

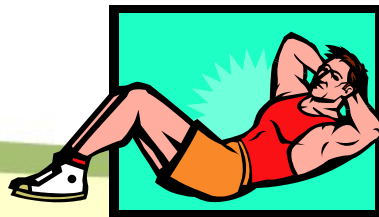
2.) I eat a well balanced diet, including a healthful breakfast each day.





Physical Health

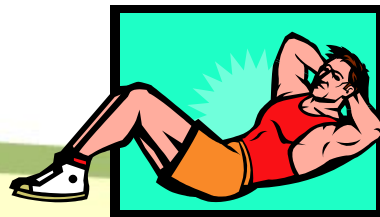
3.) I keep my body, teeth, and hair clean.





Physical Health

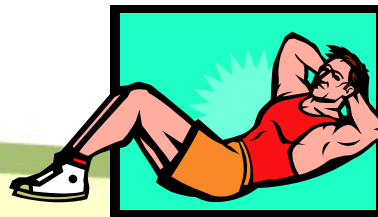
4.) I do at least 60 minutes of moderate physical activity each day.





Physical Health

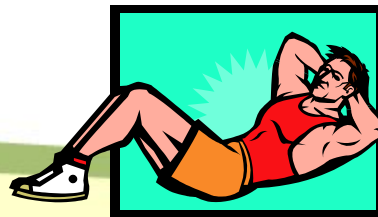
5.) I avoid using tobacco, alcohol, and other drugs





Physical Health

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



The background features several thick, light green curved lines that sweep across the frame. Two starburst shapes, also in light green, are positioned on the left and right sides, each with multiple sharp points radiating from a central point. The overall aesthetic is clean and modern.

Part 2

Label your paper

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 accept helpful criticism.





Mental/Emotional Health

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





Mental/Emotional Health

5.) I feel like people like and accept me.





Mental/Emotional Health

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



The background features several thick, light green curved lines that sweep across the frame. Two dark green starburst shapes, each with eight points, are positioned on the left and right sides, partially overlapping the curves.

Part 3

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.





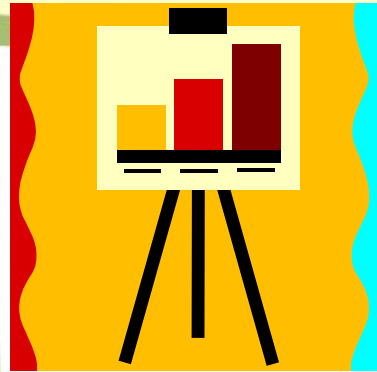
Social Health

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



The background is a light green color with several decorative elements. There are several curved, swooping lines in a slightly darker shade of green that sweep across the page. Two starburst shapes, also in a darker green, are positioned on the left and right sides of the page. The text "Part 4" is centered in a dark green, sans-serif font.

Part 4



Analyzing Your Results

On your sheet of paper, you will draw a triangle that will allow you to see if your health triangle is balanced or unbalanced.



Analyzing Your Results

Using a ruler and the scale below,
draw your Health Triangle!

1 in = 1 yes answer

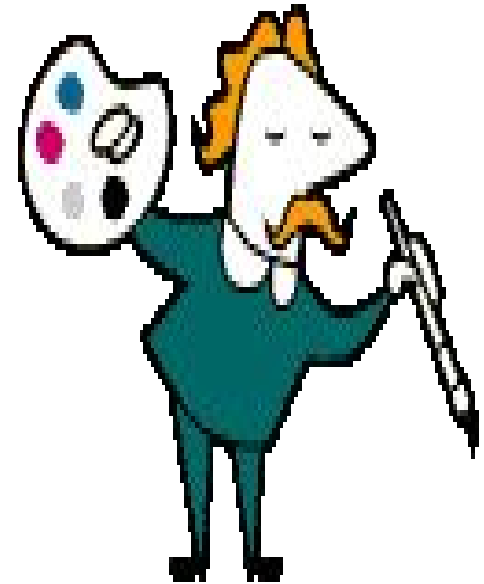


Analyzing Your Results

For example, if you answered 3 of the questions in the physical health section with “yes”, then you would draw a line that is 3 inches long!

Analyzing Results

Draw all three sides
of your triangle
according to the
scale!



Illustrating your Triangle

Within each of the three sections of your triangle, draw a picture that represents the questions you said “yes” to. Label them as well!

Reflect on your Triangle

1. On the back of your paper, write a paragraph describing your Triangle.
2. Explain your strengths and weaknesses in each area (physical, emotional, social).
3. Describe how you will maintain or improve your Triangle.

The background features several thick, light green curved lines that sweep across the frame. Two starburst shapes, also in light green, are positioned on the left and right sides, each with eight sharp points. The text 'Part 5' is centered in a dark green, bold, sans-serif font.

Part 5



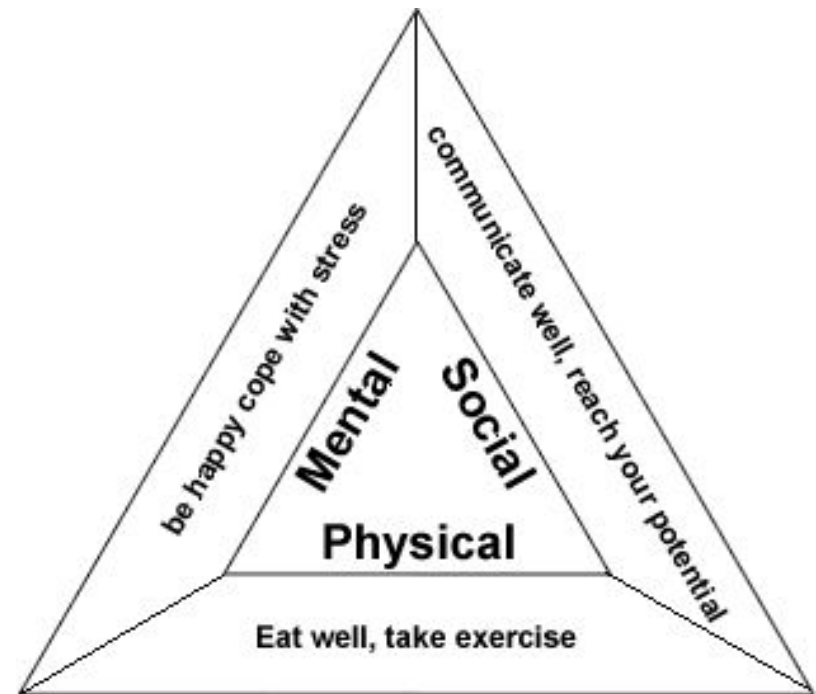
Think about it?

- 1.) Does your Health Triangle have equal sides?
- 2.) Is there one area that you are strong in?
- 3.) Is there an area that you need to work on?



The Health Triangle

- Health is the measure of our body's efficiency and over-all well-being.
- The health triangle is a measure of the different aspects of health.
- The health triangle consists of: Physical, Social, and Mental Health.



Physical Health

- Physical health deals with the body's ability to function.
- Physical health has many components including: exercise, nutrition, sleep, alcohol & drugs, and weight management.



Physical Health

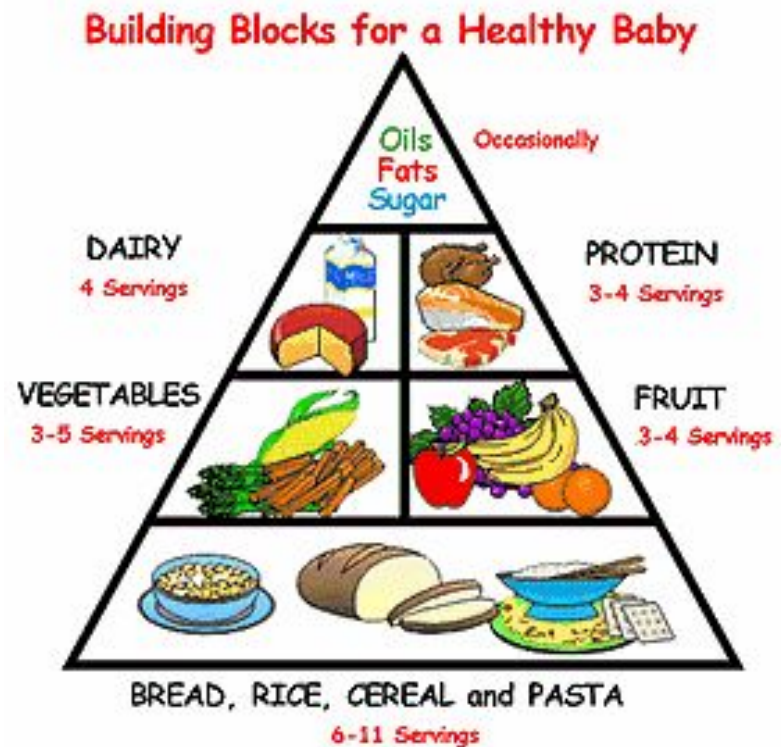
Exercise

- Exercise is the act of using your muscles to stay physically fit.
- Exercise helps to give you more energy, maintain weight, increase confidence & self esteem, and helps to battle chronic diseases.



Physical Health Nutrition

- Proper balanced meals are essential in leading a healthy life.
- Nutritious meals create a balance between what we eat and the way our body uses the food for energy and growth.



Physical Health

Sleep

- It is recommended that the average person get at least 8 hours of sleep.
- The human body likes regularity, so try to go to bed and wake up at the same time daily.



Physical Health Alcohol & Drugs

- Alcohol and other drugs interfere with messages to the brain and alters perception.
- Use of such substances puts you at risk for accidental injuries, car crashes, trouble with the law, unwanted pregnancies, and fights.



Physical Health

Weight Management

- Maintaining a healthy weight decreases your risk of certain diseases such as heart disease and diabetes.
- Exercise and proper nutrition helps to maintain healthy weight levels.



Mental Health

- Mental health deals with how we think, feel and cope with daily life.
- Mental health encompasses learning, stress management, and mental illnesses or disorders.



Mental Health Learning

- Learning is the development of skills, behaviors, and knowledge.
- Learning increases self-confidence, awareness, and self perception. It also teaches one coping skills.



Mental Health

Stress Management

- Stress deals with the way our bodies and minds deal with life changes.
- It is important to learn healthy ways to deal with stress or you could be at risk for anxiety or depression.



Mental Health

Mental Disorders

- Stress and problems with school, friends, and family can cause mental illnesses.
- Mental illnesses include: depression, bipolar disorder, schizophrenia, and phobias.



Social Health

- Social Health deals with the way react with people within our environment.
- This includes: public health, family relationships, and peer relationships.



Social Health Public Health

- Public health includes disease prevention and promoting health through good decision making.
- Keeping yourself safe and healthy benefits your community as a whole.



Social Health

Family Relationships

- A healthy family relationship is one that is supportive, loving, responsible, and balanced.
- Families should work together to eliminate stress and negativity in the home. Promoting a safe and enjoyable environment.



Social Health

Peer Relationships

- Strong and supportive friendships increase happiness, self-esteem, and reduces stress.
- Friends are there to help celebrate your accomplishments and there to offer support in times of need.



The Health Triangle Review

- There are 3 major areas of the health triangle: physical, mental and social.
- Good decision making and healthy choices reduce the risk of disease and increase health overall.





Write a Summary

What can you do to improve
your Health and balance
your triangle?

