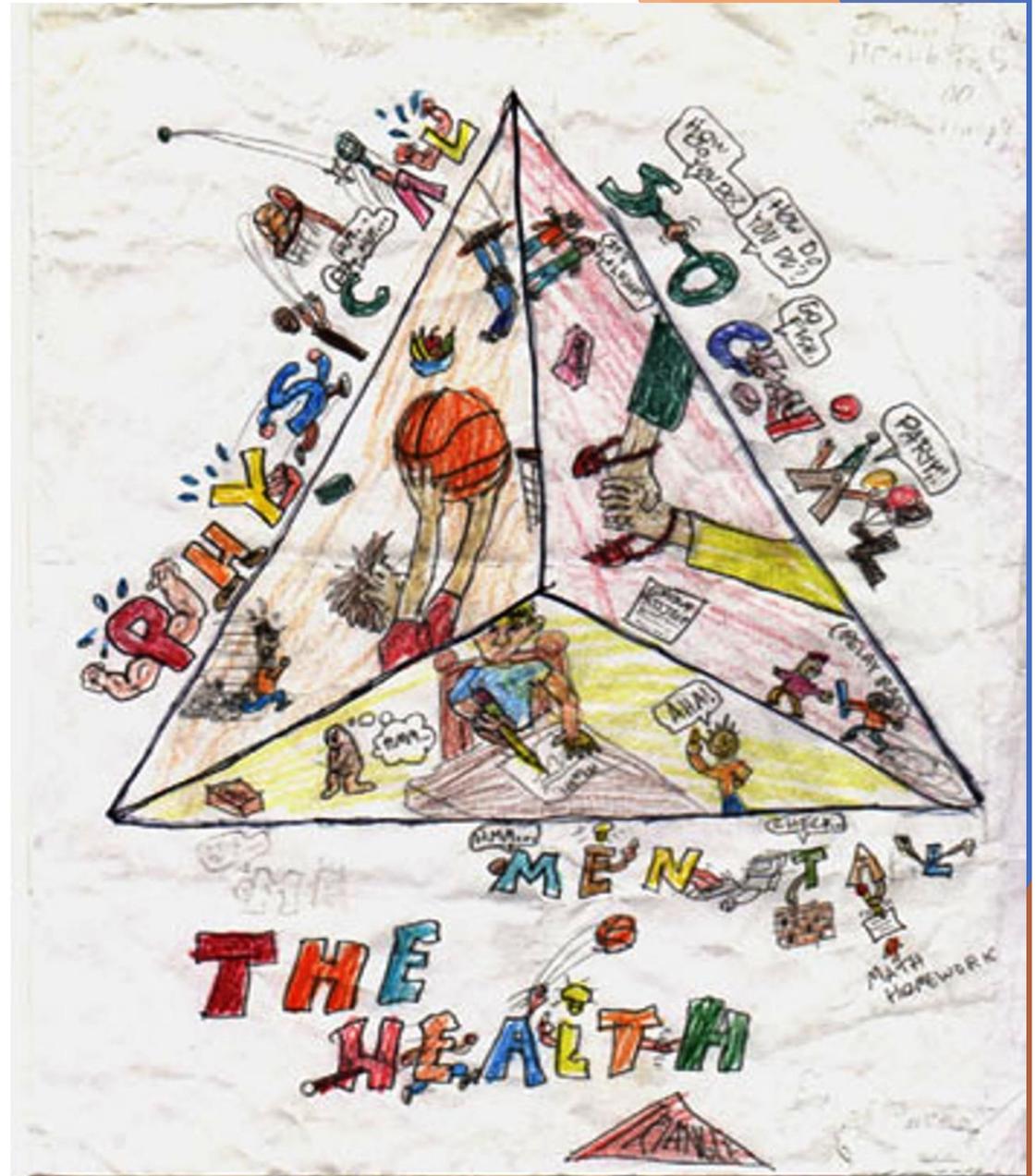


Assignment:

1. Draw a health triangle which has symbols or pictures which represents each of the three elements of health.
2. Identify each element on each side of the triangle.
3. On the back of your Health triangle answer the 5 questions.

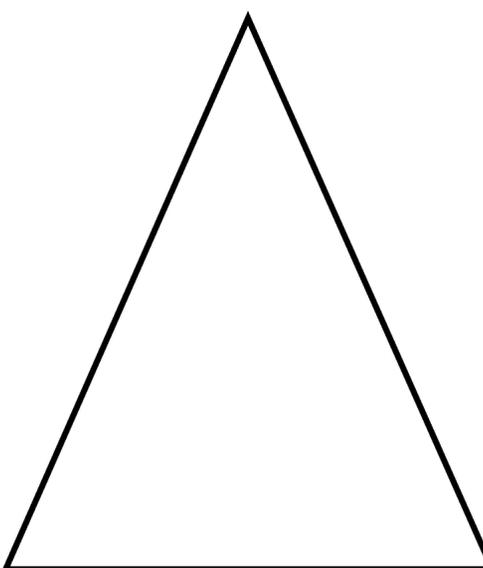


Answer the Health Triangle Questions are on the back of your “Health Triangle Activity Worksheet”



Health Triangle Activity Worksheet

Name: _____ Date: _____ Hour: _____



Instruction: Using your Health triangle questions answer the five questions listed below.

1. Does your Health Triangle have equal sides? Why or why not?

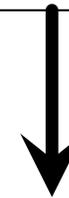
2. Is there one area that you are strong in? Why or why not?

3. Is there an area that you need to work on?

4. List ways you plan on working on that dimension?

5. What are you going to do to improve your Health and balance your triangle?

Using the information you gain from the “Health Triangle Activity - Self inventory” to answer the Health Triangle Questions are on the back of your “Health Triangle Activity Worksheet”

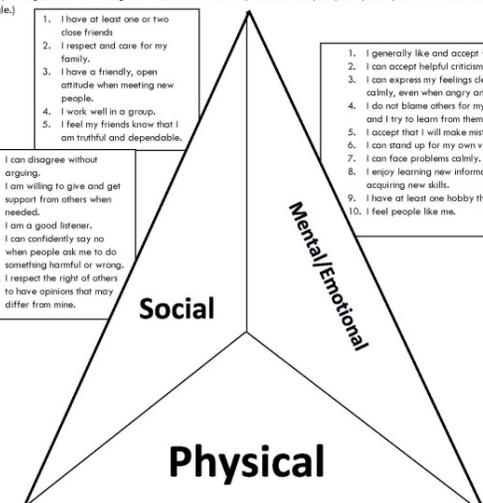


Health Triangle Activity – Self Inventory

Directions: Examine your health status by answering questions in each aspect of health. When you are finished, fill in the corresponding area of the triangle to match the numbered you answered yes. (Example: 5 yeses = 50% fill in 50% of the triangle.)

1. I have at least one or two close friends.
2. I respect and care for my family.
3. I have a friendly, open attitude when meeting new people.
4. I work well in a group.
5. I feel my friends know that I am truthful and dependable.

1. I generally like and accept who I am.
2. I can accept helpful criticism.
3. I can express my feelings clearly and calmly, even when angry and sad.
4. I do not blame others for my mistakes, and I try to learn from them.
5. I accept that I will make mistakes.
6. I can stand up for my own values.
7. I can face problems calmly.
8. I enjoy learning new information and acquiring new skills.
9. I have at least one hobby that I enjoy.
10. I feel people like me.



6. I can disagree without arguing.
7. I am willing to give and get support from others when needed.
8. I am a good listener.
9. I can confidently say no when people ask me to do something harmful or wrong.
10. I respect the right of others to have opinions that may differ from mine.

1. I get at least eight hours of sleep each night.
2. I eat a well-balanced diet, including a healthful breakfast every day.
3. I wear a seat belt in cars and protective gear when bicycling or playing sports.
4. I keep my body, teeth and hair clean.
5. I exercise regularly.
6. I do not use tobacco, alcohol or drugs.
7. I do not skip meals or use harsh diet plans to try to lose weight.
8. I have a regular check up with my doctor and dentist.
9. I am aware of hereditary illness within my family and take steps to protect my health.
10. I do not plan to engage in sexual activity before marriage.

Health Triangle Activity – Self Inventory

Directions: Examine your health status by answering questions in each aspect of health. When you are finished, fill in the corresponding area of the triangle to match the numbered you answered yes. (Example: 5 yeses = 50% fill in 50% of the triangle.)

Social

1. I have at least one or two close friends
2. I respect and care for my family.
3. I have a friendly, open attitude when meeting new people.
4. I work well in a group.
5. I feel my friends know that I am truthful and dependable.

Mental/Emotional

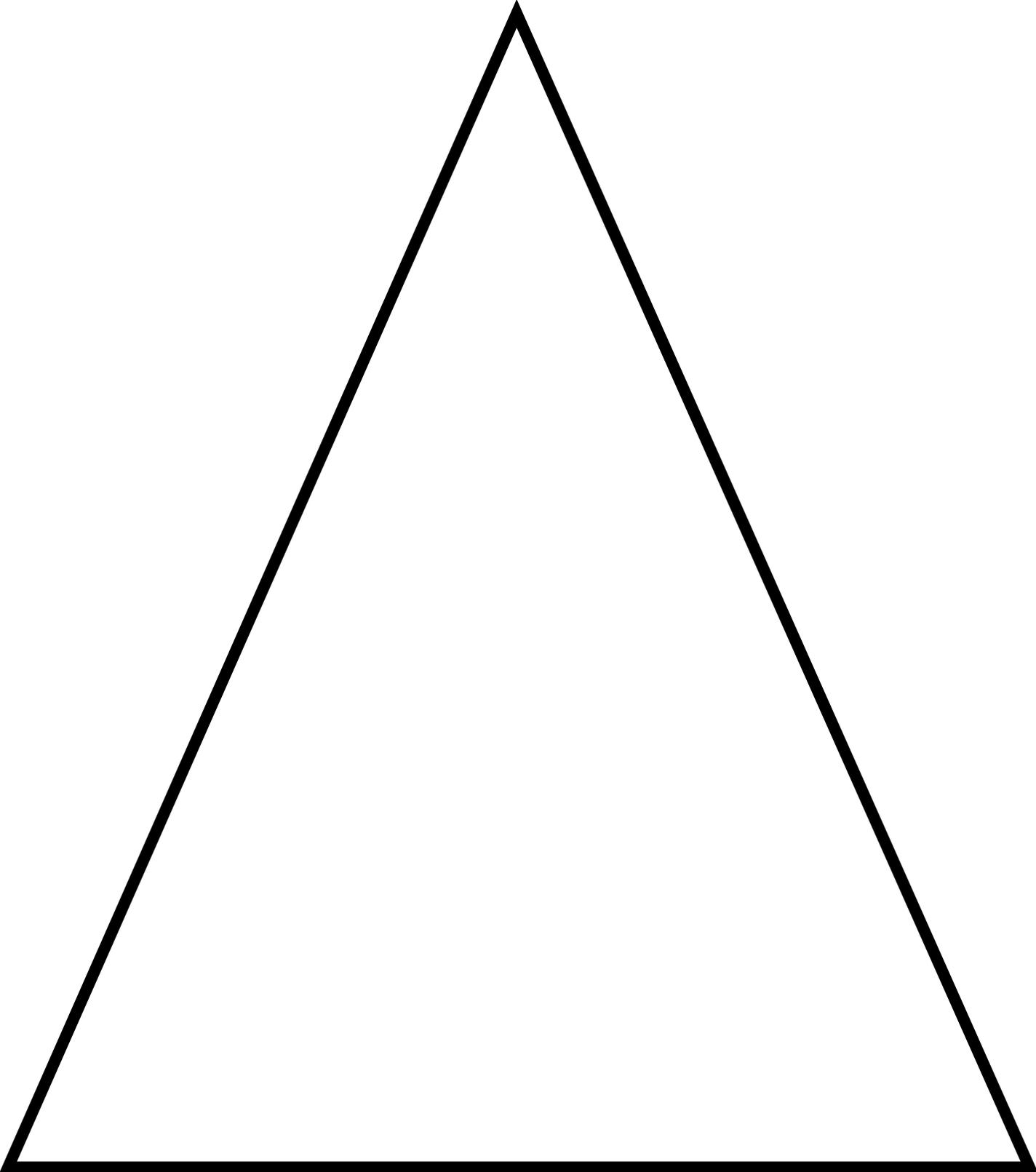
1. I generally like and accept who I am.
2. I can accept helpful criticism
3. I can express my feelings clearly and calmly, even when angry and sad.
4. I do not blame others for my mistakes, and I try to learn from them.
5. I accept that I will make mistakes.
6. I can stand up for my own values
7. I can face problems calmly.
8. I enjoy learning new information and acquiring new skills.
9. I have at least one hobby that I enjoy
10. I feel people like me.

Physical

1. I get at least eight hours of sleep each night.
2. I eat a well-balanced diet, including a healthful breakfast every day.
3. I wear a seat belt in cars and protective gear when bicycling or playing sports.
4. I keep my body, teeth and hair clean,
5. I exercise regularly.
6. I do not use tobacco, alcohol or drugs.
7. I do not skip meals or use harsh diet plans to try to lose weight.
8. I have a regular check up with my doctor and dentist.
9. I am aware of hereditary illness within my family and take steps to protect my health
10. I do not plan to engage in sexual activity before marriage.

Health Triangle Activity Worksheet

Name: _____ Date: _____ Hour: _____



Instruction: Using your Health triangle questions answer the five questions listed below.

1. Does your Health Triangle have equal sides? Why or why not?

2. Is there one area that you are strong in? Why or why not?

3. Is there an area that you need to work on?

4. List ways you plan on working on that dimension?

5. What are you going to do to improve your Health and balance your triangle?
