

Activity

Health Inventory

Health and Wellness

Read each of the following statements. Think about how well it describes your behavior. Then write *always*, *sometimes*, or *never* in the space next to each statement.

- _____ 1. I think about how well I am managing my health.
- _____ 2. I make decisions based on my knowledge of what is good for me.
- _____ 3. I buy products based on value rather than on advertising claims.
- _____ 4. I try to communicate my feelings accurately, and I am a good listener when others are speaking to me.
- _____ 5. I make sure I eat a balanced diet every day, even though I have treats occasionally.
- _____ 6. I set goals for myself rather than let life just “happen” to me.
- _____ 7. I am confident about my values and can say “no” when necessary.
- _____ 8. I deal with changing emotions by looking for a positive role-model who will listen to and support me.
- _____ 9. I don't buy a product just because of its ads.

Score yourself on this quiz. Give yourself 5 points for each *always*, 3 points for each *sometimes*, and 0 points for each *never*. Write your score here. _____

- 45–40 Excellent—you are on top of your health and in control of your life.
- 39–30 Good—you recognize the need to care for yourself and often do so.
- 29–25 Fair—you are working on some areas of health, but you need to focus on improving your overall life skills.
- Less than 25 You need to focus on your health and wellness. Examine the nine life skills and choose a starting point.

8 + 5

Assessment

Quiz

Lesson: Being Healthy and Well

Write the letter of the correct answer in the space provided.

- _____ 1. Visiting your doctor regularly is a way to protect your
a. physical health.
b. social health.
c. emotional health.
d. mental health.
- _____ 2. Expressing emotions calmly is an example of
a. physical health.
b. social health.
c. emotional health.
d. mental health.
- _____ 3. Accepting new ideas is an example of
a. physical health.
b. social health.
c. emotional health.
d. mental health.

Match the definitions with the correct term. Write the letter in the space provided.
One term will not be used.

- | | |
|--|----------------------|
| _____ 4. the condition of physical, emotional, mental, and social well-being | a. wellness |
| _____ 5. the way you interact with other people | b. hygiene |
| _____ 6. the practice of keeping clean to prevent the spread of disease | c. health |
| _____ 7. the way you recognize and deal with your feelings | d. physical health |
| _____ 8. the way you cope with the demands of daily life | e. social health |
| _____ 9. a state of good health that is achieved by balancing four kinds of well-being | f. mental health |
| _____ 10. a set of questions that rates your overall health | g. emotional health |
| | h. health assessment |

g+h

Activity

Health Behavior Contract

Health and Wellness

My Goals: I, _____, will accomplish one or more of the following goals:

I will improve at least one area of my physical health, such as diet or exercise.

I will perform some service to improve the environment in my community.

I will use safety equipment as a preventive healthcare measure.

Other:

My Reasons: By improving my physical health, my wellness level will increase. By making my environment a healthier place to live, I will improve my health as well as the health of other people in my community. I will prevent myself from being injured by using the proper safety equipment.

Other:

My Values: Personal values that will help me meet my goals are

My Plan: The actions I will take to meet my goals are

Evaluation: I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed _____

Date _____

gth

Skills Worksheet

Cross-Disciplinary: Language Arts

Lesson: Wellness and Your Health

With a partner, write a one- to two-minute public service announcement promoting Physical Fitness Week at school. Practice your announcement, then present it to the class. Use the format below to organize your thoughts.

1. What is the main point of my announcement? What am I trying to accomplish?

2. What details should I include? What will get the kids in my school interested in Physical Fitness Week?

3. What can I use as a closing? What will make this announcement memorable?
