

Unit I2.I.3 Wellness for Life

Topic: Healthy practices and lifestyles

I. Quick Write - Protective vs. Risk Factors



In your own words, define each term.

- Protective Factors:

- Risk Factors:



Give two examples of each from real life:

- Protective: _____ ,

- Risk: _____ , _____

2. Sorting Activity - Protective or Risk Factor?



Place each statement in the correct column.

Statements:

• Smoking cigarettes



• Having supportive friends



• Eating a balanced diet



• High levels of unmanaged stress



• Regular physical activity



• Lack of sleep



• Access to healthcare



• Excessive screen time



Protective Factors Risk Factors

3. Health Promotion Methods



Match the strategy to the health promotion method it represents:

Strategies:

- A. School campaigns on mental health awareness**
- B. Immunization programs**
- C. Social media challenges about physical activity**
- D. Policies banning smoking in restaurants**

Methods:

- Education & Awareness → _____**
- Prevention Programs → _____**
- Community/Policy Changes → _____**
- Media & Technology → _____**

4. Case Study Reflection

Read the scenario and answer the questions.

Scenario:

Taylor is under pressure from school. Instead of sleeping, Taylor drinks energy drinks and scrolls on social media late

at night. Lately, Taylor feels anxious, exhausted, and is avoiding friends.

Questions:

1. Identify one risk factor in this scenario:

2. Identify one protective factor Taylor could add:

3. How could a health promotion method support Taylor?

5. Personal Wellness Action Plan



Create 3 SMART Goals (Specific, Measurable, Achievable, Relevant, Time-bound). One for physical health, one for mental health, and one for social health.

Example (Physical): "I will walk for 30 minutes after school at least 4 days a week for the next month."

My Goals:

- Physical Health SMART Goal:

- Mental/Emotional Health SMART Goal:

• Social Health SMART Goal:

6. Exit Ticket - Reflection



Which of your three SMART goals do you think will have the biggest impact on your overall wellness, and why?



Well done! You've built your own Wellness Action Plan for a healthier future.