

Unit 7.1.2 Wellness for Life

Topic: Healthy practices and Lifestyles

I. Word Splash - "Health"



Write down the words that come to your mind when you hear the word health.

My words:

2. Review: Holistic Health & Protective Factors

- Holistic Health means looking at the whole person: body, mind, and social connections.
- Protective Factors are habits, choices, or supports that keep us safe, healthy, and strong.

3. Sorting Activity



Drag or write the actions into the correct category:

Actions:

- Eating vegetables



- Talking to a trusted friend



- Sleeping 8 hours



- Exercising



- Asking for help when stressed



- Being kind to others



- Drinking enough water



Physical Health Mental/Emotional Health Social Health

4. Personal Inventory (Yes or No)



Check if you do these actions:

Action

Yes No

I eat balanced meals daily

☐ ☐

I talk to friends or family when upset

☐ ☐

I take time to relax and recharge

☐ ☐

I participate in physical activity

☐ ☐

I get enough sleep on school nights

☐ ☐

I practice kindness and respect

☐ ☐

5. Case Study Reflections



Read each scenario. Answer the questions.

A. Maya studies hard but also goes for a jog after school.

- Protective factor: _____
- How does it help Maya? _____
- What might happen if she didn't have it?

B. Jordan feels stressed, so he talks with his older brother.

- Protective factor: _____
- How does it help Jordan? _____

- What might happen if he didn't have it?

C. Sam joins the school music club and makes new friends.

- Protective factor: _____
- How does it help Sam? _____
- What might happen if he didn't have it?

6. Exit Ticket



Write one protective factor in your own life. Explain how it helps you stay healthy.

My protective factor: _____

How it helps me: _____



Great job! You've completed your Friday Health Reflection.