

## Unit 7.I.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.