

## 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:**

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- **Risk Factors:**

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Give two examples of each from real life:

- **Protective:** ----- ,

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- **Risk:** ----- , -----

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#### 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

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### 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 → \_\_\_\_\_**

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**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:**

**I. Identify one risk factor in this scenario:**

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**2. Identify one protective factor Taylor could add:**

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**3. How could a health promotion method support Taylor?**

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**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.

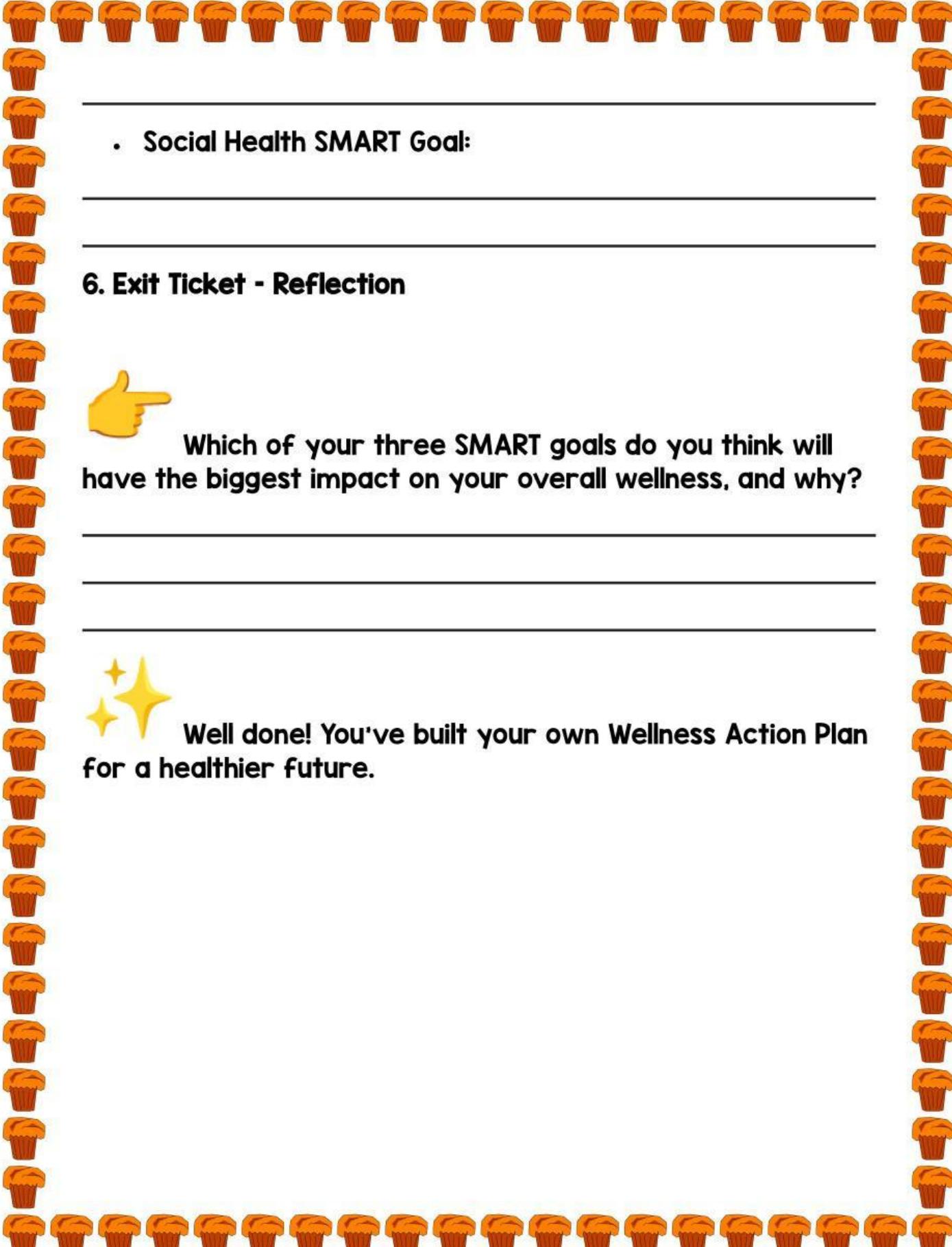
**Example (Physical): "I will walk for 30 minutes after school at least 4 days a week for the next month."**

**My Goals:**

**• Physical Health SMART Goal:**

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**• 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?

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