Unit 7.1.2 Wellness for Life

Topic: Healthy practices and Lifestyles

1. 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:

LIVEWORKSHEETS

- 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

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4. Personal Inventory (Yes or No)

Check if you do these actions:

LIVEWORKSHEETS

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	☐	☐

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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? _____

LIVEWORKSHEETS

- 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?

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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.

LIVEWORKSHEETS