# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_

Below is a picture of the health triangle. It shows the three areas that affect your health: Physical, Social, and Mental/ Emotional. Complete the chart by naming 3 examples in each area of ways you can promote each area of your health.



|  |  |
| --- | --- |
| Types of Health | Ways to Promote Health |
| Physical | 1.2.3. |
| Mental/Emotional | 1.2.3. |
| Social | 1.2.3. |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_

Our Health group check

1. List three strengths for every person in your group. List 1 strength from each of the following areas: emotional, physical, and social. (Examples: Jesse is a great soccer player, he is a loyal friend, and she is always positive and happy.)

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Physical | Emotional/Mental | Social |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |

1. Pick 2 people the group admires and tell why you admire them. The people can be locally or nationally known. (ex. We admire our parents because they care about us.)
2. Make a list of qualities your group thinks are important traits for friends to have (example: trust worthy).
3. Come up with a group name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_