

8th Grade Health – Wellness Collage Project DUE TUESDAY FEBRUARY 24TH!!

Wellness and Your Total Health – The Health Triangle

Page 2-9 in Health book and class discussion:

Using the wellness triangle as a guide, create a collage to show what makes up your personal wellness triangle. Include pictures, words, phrases etc. that demonstrate the positive, healthy things in your life that make your overall wellness balanced...and things that make you happy! Include examples from your physical, mental/emotional, and social health. You may include personal photos, or use magazines from home, as well as those provided in class.

On the back of your collage, please define each of the 3 areas that make up your total wellness triangle, and give examples from each area that are specific to you and your life. Include a written explanation on the back of your collage for a short presentation in class of your work.

Physical Health – includes total care of your body. This involves keeping you body fit, practicing cleanliness and good grooming habits, and eating a well balanced diet.

Social Health – involves getting along with others. This includes working or playing will in a group, making and keeping friends, and giving an getting support when it is needed.

Mental and Emotional Health – includes liking who you are an accepting yourself. This involves expressing emotions in a healthy way, facing life's problems, and dealing with its pressures or stresses in a positive way.