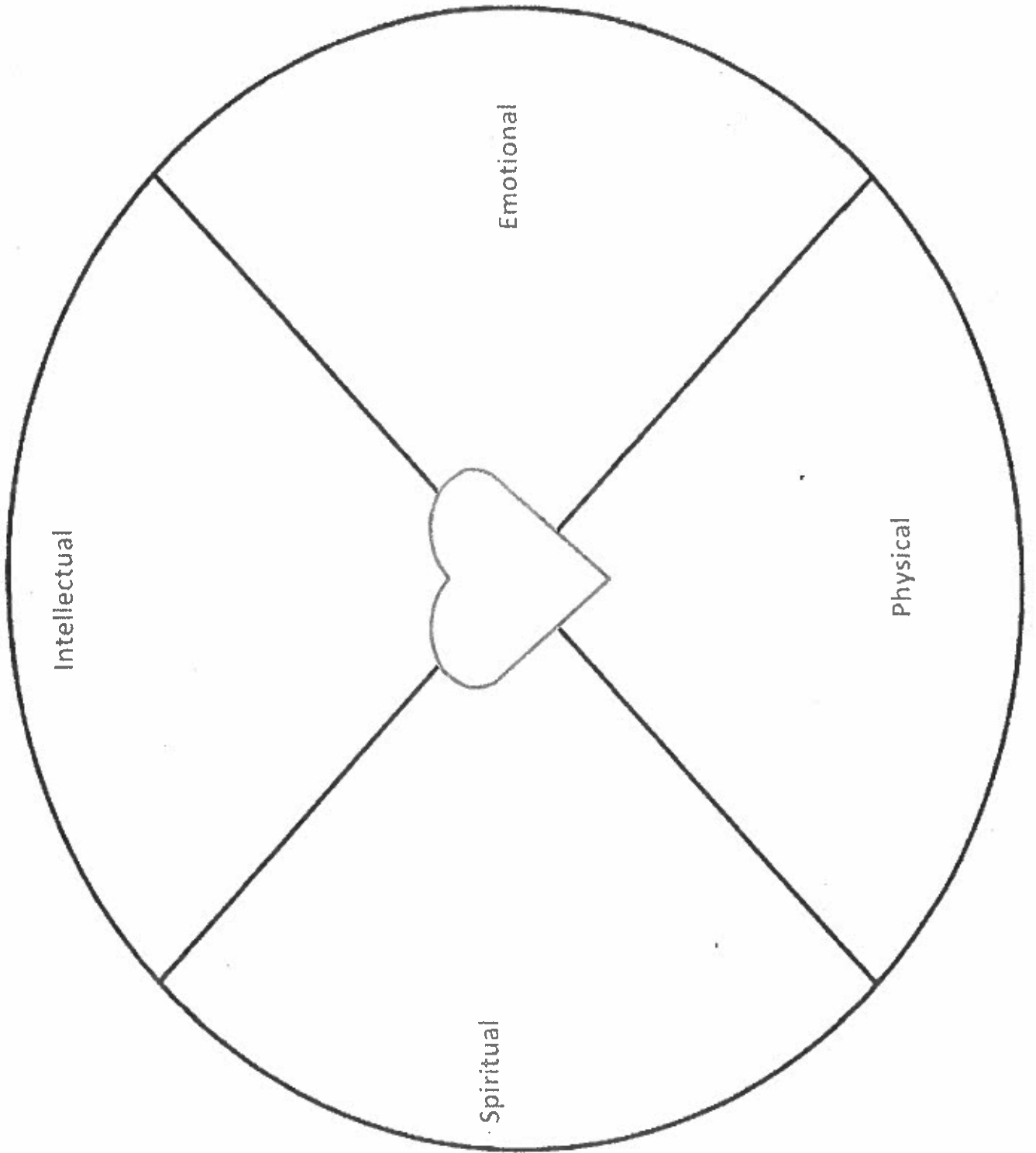
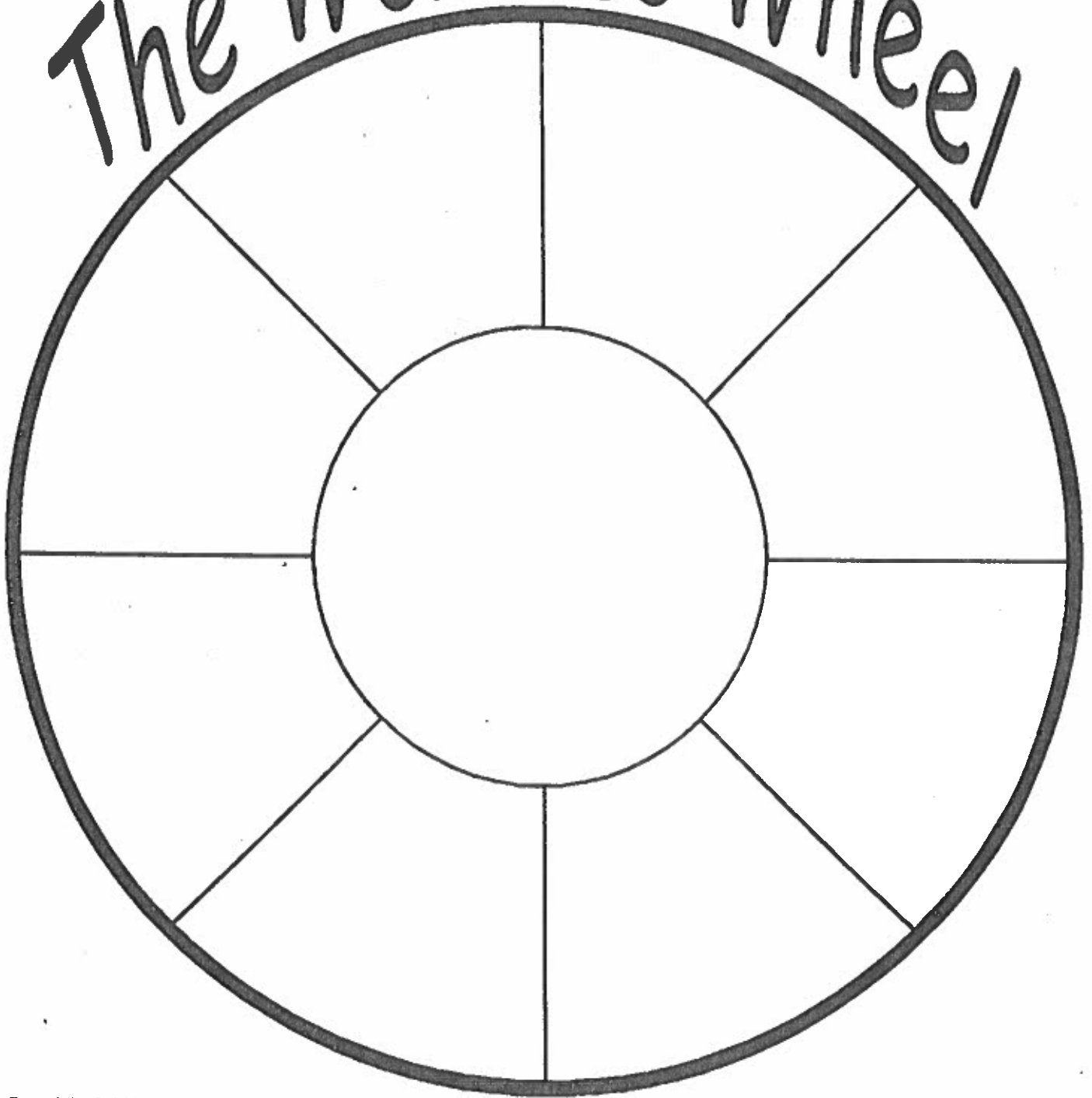


# My Wellness



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# The Wellness Wheel

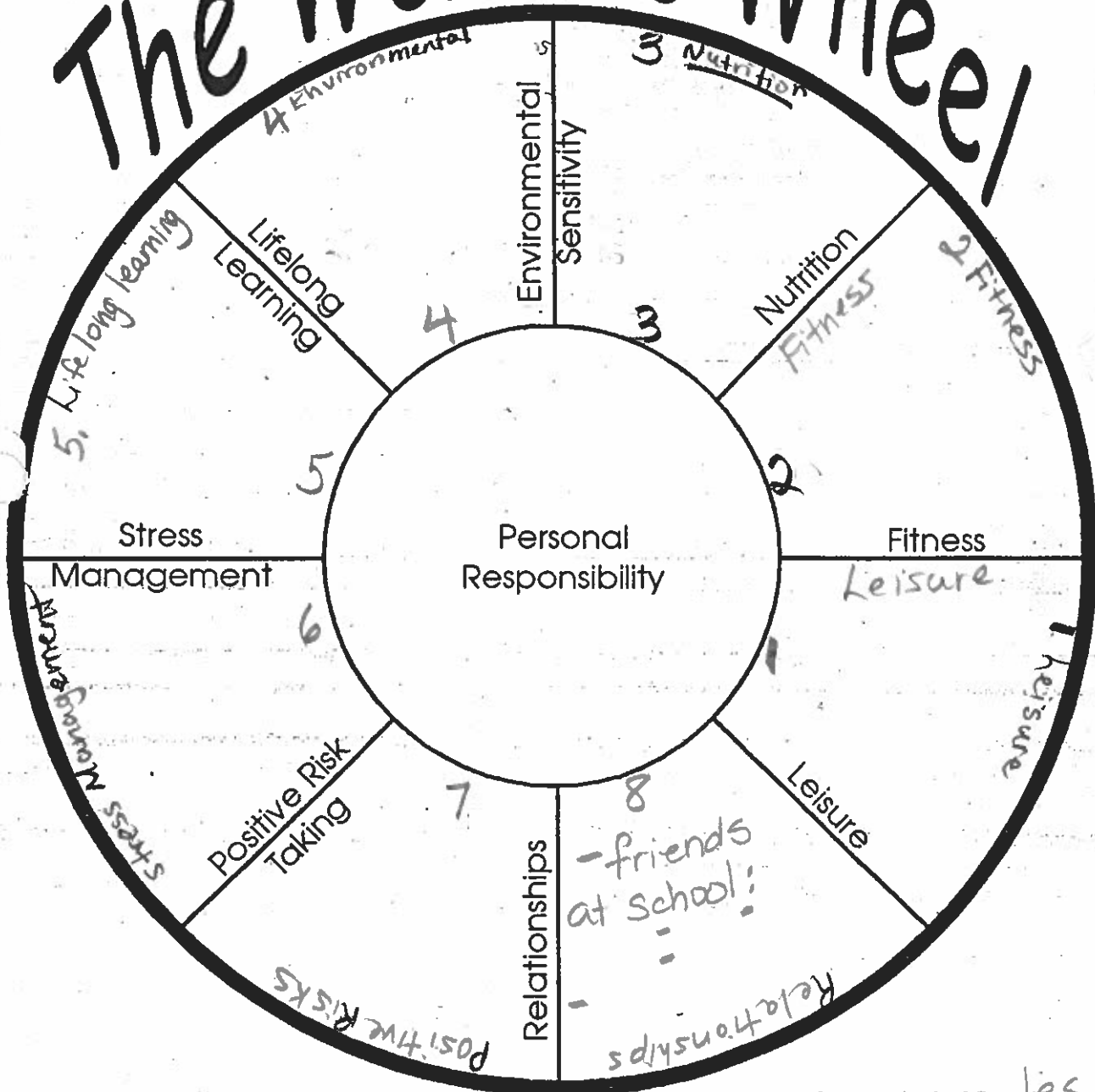


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Products and Services

# Mandala

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# The Wellness Wheel



- in point form put 3 examples of each (if you can)

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## WELLNESS WHEEL: OBSERVATIONS

1. In which spokes are you most well? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. In which spokes are you least well? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
3. Comment on the pattern you see. Is your Wheel round? Or wonky?  
Would your Wheel roll? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
4. How do you feel about your Wellness Wheel? Any surprises? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
5. In what ways does your pattern relate to what you expected to see? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
6. What improvements/changes would you like to see in your Wellness Wheel? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
7. List two or three steps you could take to balance your Wheel and make these improvements.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Superhero avatar: one of your most positive traits**

**Animal avatar: your personality and drive**

**Self-Awareness Avatars**

**Cartoon avatar: if you were animated who would you be?**

**Animal avatar #2: which animal has your habits?**

Name \_\_\_\_\_ Date \_\_\_\_\_

## WORTH THE RISK?

The decisions you make in life always involve some risk. Some decisions that you make may involve great risk for your health, your self-esteem, your chance to be successful in life, and your happiness. However, it is always possible to make decisions that are less likely to bring great risk to you and your future.

Many times decisions that involve great risk are made because people do not understand the risk that is being taken. Often when poor decisions are made, it is because people do not have all of the information that they need and fail to get that information before they decide. People sometimes take risks because they are not willing to stand up for the things that they know are right. Some feel that it is easier to let others make decisions for them. Sometimes decisions are made involving risk when people do not believe that they can control their own destinies.

If you are going to make good decisions, you must know what things are important to you. You need to think about your willingness to stand up for the things that you believe are right. You must think about the things that you value. When you choose to make a decision to do something that you believe or know is wrong, you need to understand why you are willing to go along with such a decision. You are the one who must think about your decisions. You are the one who must determine if the decisions you make will be in your best interest or if they will only please someone else.

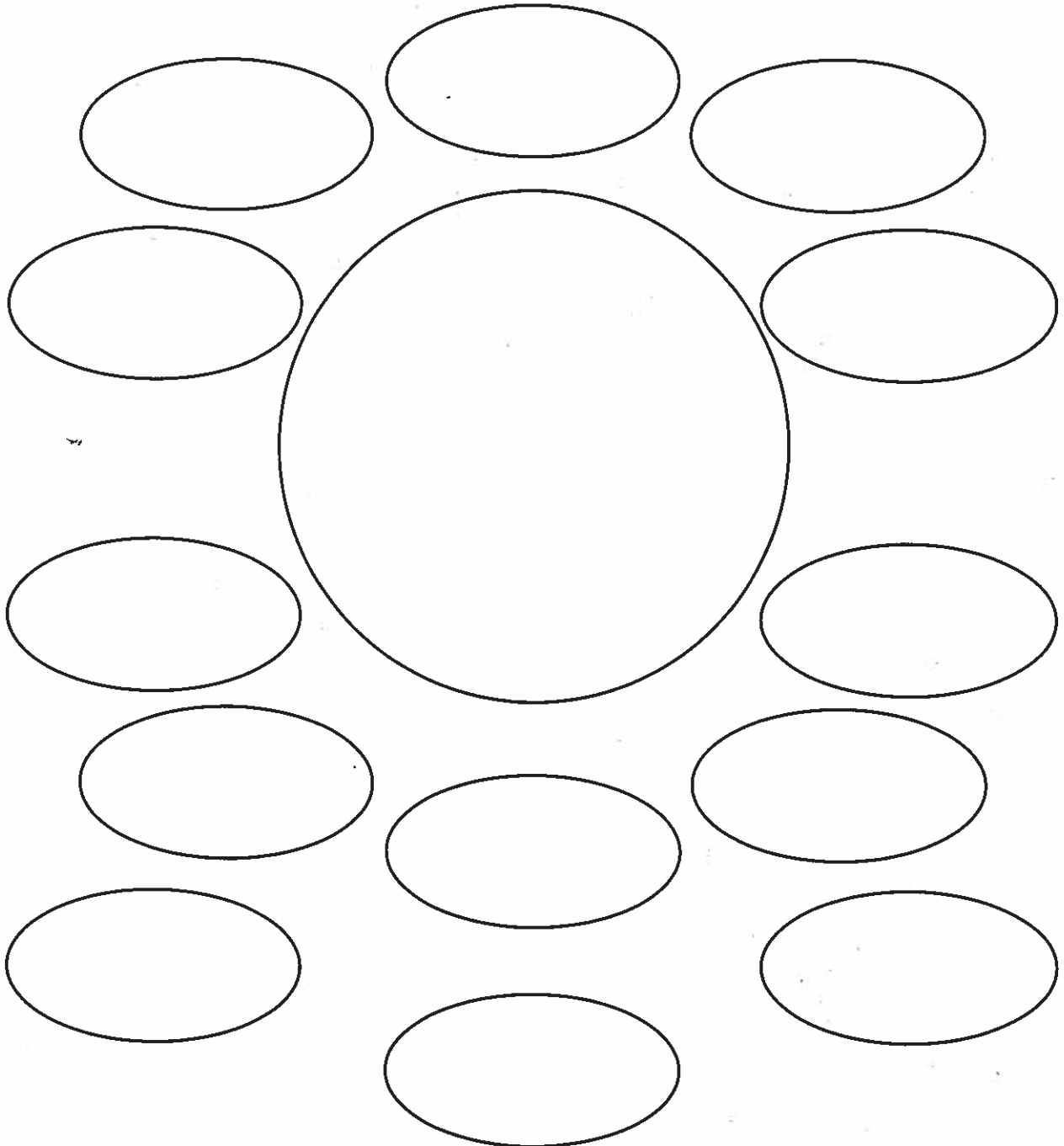
The following list of questions is designed to help you begin to think about your decision-making process. You may or may not want to discuss your answers with other people. However, to make good decisions, you must begin to identify how and why you make a decision. The things that you value determine the kinds of decisions that you will make. Read each of the following statements. If the item is important to you, place a plus (+) on the blank. If the item is not important to you, place a minus (-) on the blank.

- \_\_\_\_\_ 1. I would like to have more friends.
- \_\_\_\_\_ 2. I would like to have more confidence.
- \_\_\_\_\_ 3. I would like to have better clothes.
- \_\_\_\_\_ 4. I would like to lose weight.
- \_\_\_\_\_ 5. I would like to have more energy.
- \_\_\_\_\_ 6. I would like to make better grades.
- \_\_\_\_\_ 7. I like lots of pizza, sandwiches, candy, soda, and fast foods.
- \_\_\_\_\_ 8. I enjoy exercise.
- \_\_\_\_\_ 9. I spend lots of time watching television and resting.
- \_\_\_\_\_ 10. I would like to improve my physical appearance.
- \_\_\_\_\_ 11. Pleasing my friends is very important to me.
- \_\_\_\_\_ 12. Pleasing my parent(s) is very important to me.
- \_\_\_\_\_ 13. Preparing for my future is very important to me.
- \_\_\_\_\_ 14. Pleasing my teachers is very important to me.
- \_\_\_\_\_ 15. Being a good worker is important to me.

Name \_\_\_\_\_ Date \_\_\_\_\_

# GETTING TO KNOW YOU

The following diagram is designed to help you learn something about yourself. In the large middle circle, write your name. In the small circles surrounding it, write words that you would like your friends to use to describe you.



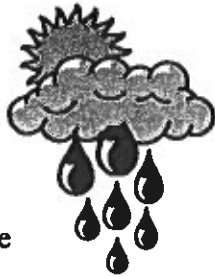
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## 25 THINGS TO APPRECIATE JUST AS THEY ARE

Unlike lobster in the shell or War and Peace, there are some things in life you don't have to work at to enjoy: the sweet and simple indulgence of an afternoon nap, the easy comfort of hot buttered toast. They are unspoiled by commercialism, unfettered by physical and mental complexities. And there are more .... Here is a highly personal, far-from-complete list of ready-when-you-are enjoyments:

### YOUR LIST:

1. Cold drinks
2. Clean cotton sheets
3. A kiss
4. The smell of coffee brewing
5. The smell of perfume/cologne
6. T-shirts
7. Picnics
8. Pancakes
9. Hot chocolate
10. A puppy
11. Ferry boats
12. Soup
13. Crayons
14. Sunsets/starry nights/full moons
15. A hot shower
16. Snowstorms.... midweek
17. Potato chips and onion dip
18. A new book
19. A fire in the fireplace
20. Thunderstorms
21. Popcorn at the movies
22. Red lipstick
23. A walk in the rain
24. Cookies
25. A ripe, ready-to-burst peach



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
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23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_







Name \_\_\_\_\_ Date \_\_\_\_\_

# Communication Breakdown

**Directions:** Describe what effective communication is to you. Share your thoughts about communication as a class.

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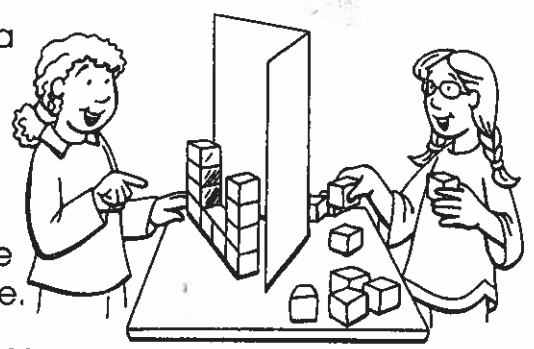
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Play Verbal Challenge with a partner to test your communication skills.

One person uses at least 8-10 pattern blocks to create a design. The design should not be visible to the other person.

The person who built the design gives verbal directions to the other person about how to build the design. The other person tries to replicate the design just through the verbal cues. Verbal directions should be given only once.



Compare the designs. How did you do in giving directions or creating the design? Draw the two designs below.

My Design

My Partner's Design

Switch roles and repeat the challenge. Afterward, discuss the importance of communicating clearly. Explore examples of how miscommunication can cause stress. How can you practice communicating clearly in your daily life?



# How My Body Deals with Stress

**Directions:** Emotional and physical stress causes the body to react. Discuss the following types of stress with your students:

*Physical stress*—not getting enough sleep or not eating breakfast

*Emotional stress*—being worried about something or being afraid

Both physical and emotional stress have an effect on our bodies, especially in the long term.

As students enter the classroom after recess or between class periods, surprise them with a loud noise (burst a balloon or a paper bag, for example). Have them list the ways their bodies reacted to the loud noise. Create a classroom list on the board.

## Possible bodily reactions to loud noises

- heart beats faster
- funny feeling in stomach
- muscles become tense
- jump from noise
- shout out loud
- bump into something
- drop something



On another day, explain to your students that no one passed a recent quiz and this means that grades will fall for the midterm evaluation. Have them list their reactions and then compile them into a classroom list.

## Possible bodily reactions to bad news

- mouth frowns
- heart sinks
- let out a big sigh
- mind wanders to consequences of the news
- shoulders hunch over
- body slumps



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19. A fire in the fireplace
20. Thunderstorms
21. Popcorn at the movies
22. Red lipstick
23. A walk in the rain
24. Cookies
25. A ripe, ready-to-burst peach



**YOUR LIST:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
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24. \_\_\_\_\_
25. \_\_\_\_\_



25



Name \_\_\_\_\_ Date \_\_\_\_\_

# Mental Health Review

**Directions:** Answer the following questions about mental health.

1. Your body physically reacts to stress. **True** or **False**
2. What can you do to help alleviate stress in your life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Discuss some messages that the media and advertising send and how these messages may affect people. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Draw an advertisement that portrays a product truthfully.

Name \_\_\_\_\_ Date \_\_\_\_\_

# LIFE CHANGERS

All of us have read about or seen someone on television who was energetic and self assured. The individual tells how he or she once felt ill at ease with others, was ashamed of his or her appearance, had little energy, and lacked confidence. But today that person appears radiant, lively, and self-assured. More often than not a commercial appears that associates a specific product with the person's success. The impression that is left is that the product changed the person into a more friendly, energetic, radiant, self-assured individual. The commercial encourages you to buy the product so that you, too, can be energetic, self-confident, and good looking.

1. Name some products that are advertised to make you feel better, look better, have more fun, or be more self-confident. Sometimes the advertisement doesn't say that you will be changed if you use the product, but the advertisement shows energetic, self-confident people having fun and spending time with all their friends. Have you thought of any yet? List them below.

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2. List some products (including clothes) that you use because the product is supposed to make you feel better, look better, or be more popular.

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3. Compare your list with some of your classmates'. Name some products that many of you use.

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4. Name a product on your list that is really special to you.

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5. Imagine that your friends tell you that the product you like is for nerds. Read the following statements and place a plus (+) on the blank in front of the statement that best describes what you would do.

- \_\_\_\_\_ Stop using the product.
- \_\_\_\_\_ Use the product only when your friends won't find out.
- \_\_\_\_\_ Tell your friends that you like the product and continue using it.