

Student Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_

## **NTI Day 24 - Health Checklist + Reflection**

**Learning Target** - I can learn about my physical, mental/emotional and social health.

**Kentucky Academic Standards:** Standard 7: Practice health-enhancing behaviors and avoid or reduce health risks.

**Practices for Health-Enhancing Behaviors:** Research confirms practicing health-enhanced behaviors can prevent many diseases and injuries and reduce harmful and risk-taking behaviors such as abuse and neglect, drug abuse, prescription drug abuse and sexual activity.

K.7.1. Identify personal health habits that promote healthy living.

1.7.1. Describe personal health habits that promote healthy living.

2.7.1. Describe personal responsibility in making healthy life decisions.

3.7.1. Describe the importance of developing positive health habits.

4.7.3. Interpret why good health habits enhance physical, mental and emotional health.

5.7.3. Describe health-enhancing practices and behaviors for physical, mental and emotional health.

**Please observe that there is a Checklist and a Discussion/Reflection that goes with it.**

## Health Triangle Checklist

The Health Triangle is a visual that helps us understand what it means to be totally healthy. Total health is a combination of physical, mental/emotional, and social well-being. Each area of health is equally important; it is important to give attention to each area of health everyday. The more balanced your health triangle, the healthier you are.

**Assignment:** With a parent/guardian, complete the following checklist and then discuss the questions on the back.

[Explanation of Health Triangle - CLICK HERE!](#)



Physical Health	focuses on how the body works	YES	NO
1. I get at least 8 hours of sleep each night.			
2. I eat breakfast each day.			
3. I keep my body, teeth, and hair clean.			
4. I participate in at least 60 minutes of physical activity each day.			
5. I will always say no to alcohol, tobacco, and other drugs.			
6. I see a doctor and a dentist for regular checkups.			
7. I eat fruit everyday.			
8. I eat vegetables everyday.			
9. I limit my screen time (TV, iPad, video games) to less than 2 hours a day.			
10. I feel like my muscles and bones are strong.			
11. I generally am healthy (do not get sick/ill very often).			
Mental/Emotional Health	focuses on our thoughts and feelings and how we express our emotions; also has to do with our self-esteem and our attitudes and how we handle stress	YES	NO
12. I generally feel good about myself and accept who I am.			
13. I experience positive thoughts regularly.			
14. I typically have a positive attitude about things.			
15. I am a patient person.			
16. I express my feelings clearly and calmly, even when I am angry or sad.			
17. I ask for help when I need it.			
18. I have ways to manage and cope with stress (listening to music, meditation, going for a walk, etc).			
19. I have at least one activity that I enjoy.			
20. I do things that positively impact those around me (community service).			
21. I like to learn new things.			
22. I do not give up easily when things get hard.			
Social Health	focuses on our relationships and how we interact with others	YES	NO
23. I have people in my life that I trust.			
24. I have at least one close friend.			
25. I respect and care for my family.			
26. I know how to disagree with others without getting angry.			
27. I am a good listener.			
28. I get support from others when I need it.			
29. I say no if someone ask me to do something that I know is wrong.			
30. I know how to share and take turns.			
31. I use my manners regularly (please, thank you, excuse me, etc).			
32. I following directions the first time given.			
33. I treat others the way I wish to be treated.			



With a parent/guardian, discuss and complete the questions on the back.

## Discussion

1. Which area of health do **you** feel most healthy?

2. Which area of **your** health needs more attention?

3. Why do **you** feel it is important to give attention to each area of health?

4. Identify one person you know whom you believe is totally healthy. Why did you choose this person?

## Reflection

*Draw your own Health Triangle in the space below. Inside each area of health draw a picture of what you do to give attention to the area of health. Use this image as an example. If this is in Google Classroom then type instead of drawing.*

