

## Lesson 2

### 6th grade wellness education

Intro- Warm up question: To me being healthy means being able to... (write 5 alternate endings to the previous sentence) give students about 5-7 minutes to complete warm up question.

Discuss. Ask students to share what they feel it means to be healthy. Pick out examples that resemble wellness triangle.

Focus- draw a triangle on the white board, explain to them that wellness is a combination of physical, social, and mental/emotional health. Label the sides of the triangle and talk about the health behaviors for each side.

Introduce the stool with 3 legs and explain if one leg is missing the stool will fall over.

Ask students to think of a time they were nervous at one point in their lives, and what they were experiencing in their bodies? (stomach ache, red face, head spins) explain that each component of the wellness triangle is just as important to overall "wellness"

Ask questions from the book.

Culminating activity- Wellness foldable- have students make a 3D triangle labeling each side of the triangle with a component of wellness. On each side, have them draw 5 pictures that represent each side of the wellness triangle. It can be things they already do for that specific component or, things they CAN do.