

Lesson 2

Wellness Education 7th grade

Intro- 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- Cloud worksheet have students complete the cloud worksheet, discuss.

Foldable pamphlet, Wellness triangle, each page a new component explaining what you can do, and what you already do. Decorate it with colors.