

Health Triangle Review Sheet

Directions::: Fill in the elements of each part of the Health Triangle

Physical health- is the condition of your body.	Social health- is the way you relate to others	Mental/Emotional health- is your thoughts, feelings, and emotions.
1) Keep fit by getting regular exercise	1) Get along with family members	1) Accept yourself and like who you are
2) Eat a well-balanced diet	2) Make and keep friends	2) Express your feelings in a healthy way
3) Maintain your ideal weight	3) Work well in a group	3) Develop your thinking and decision making skills
4) Practice good morning habits	4) Disagree with others without fighting	4) Strive to learn new information
5) Avoid alcohol, tobacco, and other drugs	5) Give and get support when needed	5) Learn ways of dealing with life's problems
6) Get plenty of rest		6) Learn how to handle stress

Directions:::Is this statement Healthy or Unhealthy, write the word on the line. Also, connect the statement to a part of the health triangle (physical, social, mental/emotional)

1- John eats breakfast everyday

Healthy- Physical

2- Suzie does not wear protective gear when playing sports.

Unhealthy- Physical

3- Jenny brushes her teeth every day.

Healthy- Physical

4- Cindy does not study for tests and does not get good grades

Unhealthy- Mental/Emotional

5- Kyle uses his fist when he is angry.

Unhealthy- Social and Mental/Emotional

For numbers 6-10 write your own examples similar to the above statements.

6- _____

7- _____

8- _____

9- _____

10- _____

Re-write the scenarios you did the other day representing a person's triangle. Make up your own scenario about a person. First determine which part of the triangle you want them to be strong in (physical, social, mental/emotional). Write 6 sentences about this person. Write 3 sentences about the area they are strongest in, 2 sentences about the area they are less strong in, and 1 sentence about the area they are least in.
