

## Things to know for the Health Triangle Test

### Definitions

- Social health
- Mental/Emotional Health
- Physical Health
- 3 equal sides= total wellness or balance
- Triangle

### Determine if something is healthy or unhealthy

#### Not examples used on the test

- John eats breakfast everyday
- Suzie does not wear protective gear when playing sports
- Jenny brushes her teeth everyday
- Cindy does not study for tests and does not get good grades
- Kyle uses his fists when he is angry

### Determine if an example is Social, Physical, or Mental/Emotional

You are going to read a scenario and you will have to determine what this person's triangle looks like

- Drawing the triangle and telling which comes in first and then 2<sup>nd</sup> and 3<sup>rd</sup>

## Practice

Make up your own scenario- DO NOT TALK OR SHARE!

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 thing that they are strongest in, 2 sentences about something they are less strong in and 1 sentence about what they are least in.