

# ALL KINDS OF HEALTH

<p>OBJECTIVES</p>	<p>There are many ways to be healthy &amp; we are going to create a plan for physical, mental and social health!</p> <p><b>Desired Behavior:</b> Increase conversations about complete health and practice behavior changes in health domains.</p>
<p>MATERIALS NEEDED</p>	<p>Print the template attached Pen or pencil Phone/iPad if desired</p>
<p>STEP BY STEP</p>	<p>What does physical health mean to you? Name some ways to be physically healthy (check the box if you do this today &amp; add notes)</p> <p>What does mental health mean to you? Name some ways to be mentally healthy (check the box if you do this today &amp; add notes)</p> <p>What does social health mean to you? Name some ways to be socially healthy (check the box if you do this today &amp; add notes)</p>
<p>FOLLOW UP ACTIVITIES</p>	<p>Fill in a calendar with coded activities for building physical, mental &amp; social health!</p>
<p>MODIFICATIONS</p>	<p><b>Younger learners</b></p> <p><b>Older learners</b></p> <p><b>Learners with special needs</b></p>

Name:

Date:

What does physical health mean to you? Name some ways to be **physically** healthy (check the box if you do this today & add notes)

- |   |  |
|---|--|
| <input type="checkbox"/> Showered                         | <input type="checkbox"/> Stepped into the sunshine |
| <input type="checkbox"/> Drank a glass of water           | <input type="checkbox"/> Exercised for 30 minutes  |
| <input type="checkbox"/> Ate a balanced meal              | <input type="checkbox"/> Stretched your body       |
| <input type="checkbox"/> Took the stairs vs. the elevator | <input type="checkbox"/> Other:                    |
| <input type="checkbox"/> Slept more than 6 hours          |  |

What does mental health mean to you? Name some ways to be **mentally** healthy (check the box if you do this today & add notes)

- |   |   |
|---|---|
| <input type="checkbox"/> Used positive, affirming self-talk                                   | <input type="checkbox"/> Sat still, quietly for 3 or more minutes |
| <input type="checkbox"/> Listened to music  | <input type="checkbox"/> Read a book                              |
| <input type="checkbox"/> Shared a "problem" with a trusted friend, co-worker, parent, partner | <input type="checkbox"/> Started the day with a routine           |
| <input type="checkbox"/> Talked to a preferred person   | <input type="checkbox"/> Other:                                   |
| <input type="checkbox"/> Thought of a happy place   |   |

What does social health mean to you? Name some ways to be **socially** healthy (check the box if you do this today & add notes)

- |   |   |
|---|---|
| <input type="checkbox"/> Say hello to at least 2 people today                           | <input type="checkbox"/> Recognize a rule you have for your yourself as it relates to other people in your life |
| <input type="checkbox"/> Think of at least one person who you trust                     | <input type="checkbox"/> Help someone solve a problem   |
| <input type="checkbox"/> Text one person a compliment                                   | <input type="checkbox"/> Volunteer your time or donate to a charity   |
| <input type="checkbox"/> Make a sacrifice for someone else                              | <input type="checkbox"/> Other:   |
| <input type="checkbox"/> Do something for someone without asking for anything in return |   |