

High School Health

Lesson #2: Dimensions of Health

Objectives:

- In this lesson you will...
 1. Assess personal behaviors that contribute to physical, mental/emotional, social, and spiritual health.
 2. Analyze the interrelationship of physical, mental emotional, social and spiritual health

Vocabulary

- Dimension- _____

Student Journal

Lesson 1: Dimensions of Health

Health terms

dimension
emotional health
mental health
physical health
physiological
social health
spiritual health

Journal entry

Describe what it means to be healthy. What are the characteristics of a healthy person? What does he or she do? How does he or she act?

Dimensions of Health

Physical health

Mental/emotional health

Social health

(continued)

Healthy Behaviors Scavenger Hunt

Directions: Find someone in this class who does one of the listed behaviors, and have that person sign his or her name on the line next to that behavior. Then find another person who does another one of the listed behaviors. Keep going and try to get as many different signatures next to as many different behaviors as you can in 5 minutes. Each person can sign your sheet only once. Begin when the teacher tells you to.

Find someone who...

1. Flosses his/her teeth every day: _____
2. Has 3 close friends: _____
3. Has written a thank-you card recently: _____
4. Goes to church or worships at least once a week: _____
5. Wears sunscreen every day: _____
6. Has made a good decision recently: _____
7. Manages his/her time well: _____
8. Always wears a safety belt when riding in a car: _____
9. Eats fruits and/or vegetables at least 3 times a day: _____
10. Has had a medical checkup in the last year: _____
11. Focuses on the positive most of the time: _____
12. Shows concern for others: _____
13. Volunteers in the community: _____
14. Likes meeting new people: _____
15. Has helped a friend in the last week: _____
16. Has good ways to manage stress: _____
17. Believes in something: _____
18. Is physically active at least 3 times a week: _____
19. Laughs almost every day: _____
20. Gets along well with his/her family: _____

How's Your Health?

Directions: Think about the dimensions of health and answer the questions.

<p>What's something you do to stay healthy physically? How does this behavior help maintain or improve your physical health?</p>	<p>What's something you do to stay healthy mentally or emotionally? How does this behavior help maintain or improve your mental/emotional health?</p>
<p>What's something you do to stay healthy socially? How does this behavior help maintain or improve your social health?</p>	<p>What's something you do to stay healthy spiritually? How does this behavior help maintain or improve your spiritual health?</p>
<p>Which dimension of health do you think is your weakest? What's at least 1 thing you could do to strengthen it?</p>	<p>Select at least 2 dimensions of health and explain how they can affect each other. Give at least 2 specific examples.</p>

Self-Check

- I described something I do to stay healthy in each dimension and explained how each behavior helps maintain or improve my health.
- I identified which dimension I think is my weakest and described at least 1 thing I could do to strengthen it.
- I explained how at least 2 dimensions of health can affect each other and gave 2 specific examples.