

Student Journal

Lesson 1: Dimensions of Health

Journal entry

Write what the word *health* means to you. Try to think about all the different ways you could describe what it means to be healthy.

New words

- culture
- dimension
- emotional health
- emotions
- interrelated
- maintain
- mental health
- physical health
- social health
- spiritual health
- stress
- troublesome

Dimensions of health

Physical health:

Mental/emotional health:

(continued)

What About Your Health?

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

► Physical health

What's something you do to have good physical health?

► Emotional health

What's something you do to have good emotional health?

► Social health

What's something you do to have good social health?

► Spiritual health

What's something you do to have good spiritual health?
