

# Drawing the Health Triangle

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

**DIRECTIONS:** Circle ALL the endings that make the sentence true.

- The three sides of the health triangle include
  - mental
  - genetics
  - social
  - physical
  - educational
- Eating healthy food and getting enough exercise can make you feel
  - refreshed
  - strong
  - older
  - energized
  - less stressful
- If you like yourself, you
  - feel happy all the time
  - brag a lot
  - make better health choices
  - never feel sad
  - can be a better friend
- To be a good friend, you should be
  - trustworthy
  - easy to talk to
  - the same gender and race
  - honest
  - rich
- A good way to deal with stress is to
  - pretend it isn't there
  - relax alone for a few minutes
  - exercise
  - listen to music
  - talk about it

**DIRECTIONS:** Draw the health triangle for each of these students. Be ready to share your ideas with the class. A dashed line means improvement is needed. A solid line means the person is doing well in that area.

<p>Alberto is a champion tennis player and he gets very good grades. He doesn't spend much time with his friends because he needs to practice and study. When he feels stressed, he yells at his brother.</p>	
<p>Belinda has lots of friends. They like to come to her house because Belinda always has lots of ice cream, chips, and junk food around. Belinda misses a lot of school because she gets sick often, so her grades are not very good.</p>	
<p>Candace thinks she is too fat. She put herself on a diet of salad and apples, and lost some weight. She still feels ugly, and is often too tired to go out with her friends.</p>	
<p>Dimitri loves to inline skate. He skates when he feels angry or stressed. He often skates to his friend's house, and they end up playing hockey. By the time Dimitri gets home, he usually doesn't feel angry any more – just hungry!</p>	