



## Grade 9 Sample Lesson Plan: Health Triangle

### SOLs

- Develop a personal plan to reduce or prevent injury, substance use, and communicable disease.

### Objectives/Goals

- After taking the health inventory, students will create a health triangle poster and reflect on how their personal habits contribute to their overall wellness.

### Materials

- Health Triangle [Presentation](#)
- Health Triangle [Packet](#)

### Procedure

Step 1	<ul style="list-style-type: none"> <li>• Using the Health Triangle Presentation, teach the health triangle on slides 1-15</li> </ul>
Step 2	<ul style="list-style-type: none"> <li>• Have students complete the health inventory in the <b>Health Triangle Packet</b>. They will score each yes answer with 1 point.</li> </ul>
Step 3	<ul style="list-style-type: none"> <li>• Have students fill out the “My Wellness Triangle” summary in the <b>Health Triangle Packet</b>. Students will list ways that they are physically, mentally and socially healthy. They will use their personal inventory assignment as a guide for strengths in each section.</li> </ul>
Step 4	<ul style="list-style-type: none"> <li>• Once students have taken the inventory and summarized their results, have them make a wellness triangle representing their results. You can give them poster paper to do this. When they draw their triangle, each side will be the size of the amount of points per section. The triangle’s proportions should line up to the scores on the inventory.</li> </ul>

Step 5	<ul style="list-style-type: none"><li>Using the My Favorite Activities worksheet, students will think about their five favorite activities, hobbies, interests, or pastimes (note: sleep doesn't count!) and then they will write each of the five in the first column. Then for each activity that they have written, they will describe briefly what impact it has on each side of their health triangle.</li></ul>
Step 6	<ul style="list-style-type: none"><li>Write a reflection using the criteria on the reflection sheet.</li></ul>

**References**

- Melanie Lynch, M.Ed. State College Area High School
- <https://www.choosemyplate.gov/>

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

# HEALTH TRIANGLE PROJECT



After taking the health inventory, You will create a health triangle poster. Cut the poster board into a triangle and divide it into three sections (physical, social, mental). Use pictures, cut-outs from magazines, clip-art images, or drawings to represent each side of the triangle.

You will include "My Wellness Triangle sheet with your project. Fill in the chart which strengths and deficits for each category of the triangle.

## Health Triangle Point Breakdown

Health Triangle Requirement	Points
5 pictures to represent Mental/Emotional Health	/5
5 pictures to represent Physical Health	/5
5 pictures to represent Social Health	/5
My wellness Triangle	/5
My favorite Activities	/5
Reflection	/5
<b>Total</b>	<b>/30</b>

Submit Rubric with project

**Name:** \_\_\_\_\_  
**Period** \_\_\_\_\_

# Health Inventory

Directions: Score 1 point for every yes answer

## Physical Health:

1. I get at least 6-8 hours of sleep each night
2. I participate in regular physical activity
3. I eat a well balanced diet, including fruits and vegetables.
4. I eat breakfast most days
5. I select food that contains nutrients.
6. I have a healthy attitude towards food.
7. I avoid using alcohol, tobacco, and other drugs.
8. I have regular medical, dental and vision check-ups.
9. I wear my seat belt at ALL times.
10. I keep my body, teeth and hair clean.

## Mental/Emotional Health:

1. I generally feel good about myself and accept who I am.
2. I can express my feelings clearly and calmly, even when I am sad.
3. I can accept constructive criticism.
4. I have at least one activity that I enjoy
5. I feel that people like me and accept me for who I am.
6. I like to learn new information and develop new skills.
7. I take responsibility for my actions
8. I can manage my stress effectively
9. I feel that I can make responsible decisions.
10. I can use refusal skills when appropriate

## Social Health:

1. I have at least one good friend
2. I have respect for and care for my family
3. I know how to disagree with others without getting angry
4. I am a good friend and a good listener
5. I can get support from friends and family if I need it.
6. I work on improving difficult relationships
7. I enjoy being social with my friends
8. I can adapt to changes in my social circles.
9. I can say NO if people are asking too much of me.
10. I can recognize the signs of a harmful relationship

# My Wellness Triangle

Directions: Below, list ways you are physically, mentally and socially healthy. Use your personal inventory assignment as a guide for strengths in each section.

## Mental Health:

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## Social Health:

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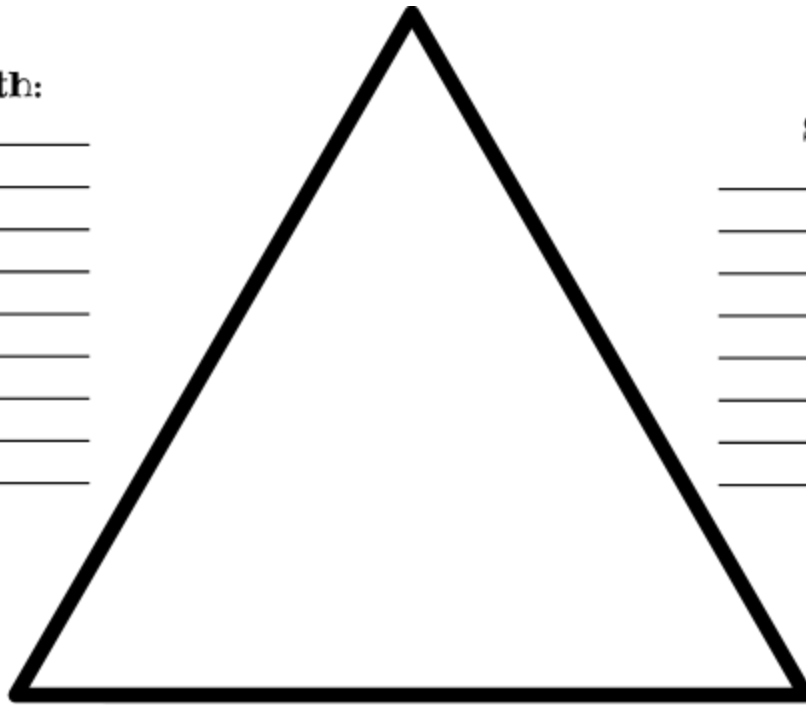
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## Physical Health

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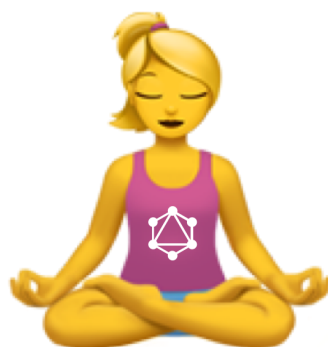
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# My Favorite Activities

Directions: Think about your five favorite activities, hobbies, interests, or pastimes (note: sleep doesn't count!). Write each of the five in the first column below. Then for each activity you have written, describe briefly what impact it has on each side of your health triangle. One example is provided for you.

<b>Hobby or Pastime</b>	<b>Impact on Physical Health</b>	<b>Impact on Emotional Health</b>	<b>Impact on Social Health</b>
<i>Practice yoga</i>	<i>Builds core strength and flexibility</i>	<i>Relaxing, relieves stress</i>	<i>Meet friends at yoga class</i>



# Reflection Paper

Put your **Name and Period** on your paper. **No name = no grade!**

You will answer from **one** of the sections below. The questions you will answer will be determined by your triangle. You will use double spacing with 12 font.

Section one

***If your sides are long and equal in length, answer these questions:***

Paragraph one:

- What is it that you do, for each category, that makes your triangle long and equal on each side?
- Be specific by listing activities, actions, etc. for each category.

Paragraph two:

- What actions will you take to assure that your triangle remains long and equal for the future?

Paragraph three:

- If you had one area that you would improve, what area would that be and why?

Section two

***If you do not have a triangle that is equal on all sides and/or your sides are not long, answer these questions.***

Paragraph one:

- What sides are short? What is it that you do to cause those sides to be unhealthy? Be specific for each side, mentioning category that is unhealthy.

Paragraph two (include this paragraph only if you have a healthy side):

- Do you have sides that are healthy? Why is that area (or areas) healthy? Be specific by listing activities, actions, etc.?

Paragraph three:

- What actions can you take in the future that will make the weak areas healthy? Be specific for each category that is short. Also, if you have an area that is healthy, what actions will you take to assure that area remains healthy?