

Welcome to Health with Mrs. Coe😊

My Goal: Create learning opportunities for you to build and practice healthy habits. I want to make this a relevant and positive learning experience for you😊

Health Digital Learning Expectations

- Would love for you to keep some type of journal during our digital learning time (nothing fancy required – staple notebook paper together) to record favorite quotes/inspirational words, complete reflections, and activities that I will challenge you to complete while we are out of school.
- You will only get out, what you put in to the learning opportunities and challenges I provide you with.
- Let's use this time to make healthy habits part of your daily routine.

Weekly Words of Wisdom

“Action is the foundational key to all success.”

Pablo Picasso, visual artist

Journal Opportunity:

Write down the quote. Write 2-3 sentences about the quote. (What do you think it means? What do you like or dislike about it? How could you apply it to your life?)

I love quotes. Please message me through Edmodo or email me your favorites. Would like to use your quotes in future posts😊

What is Wellness?

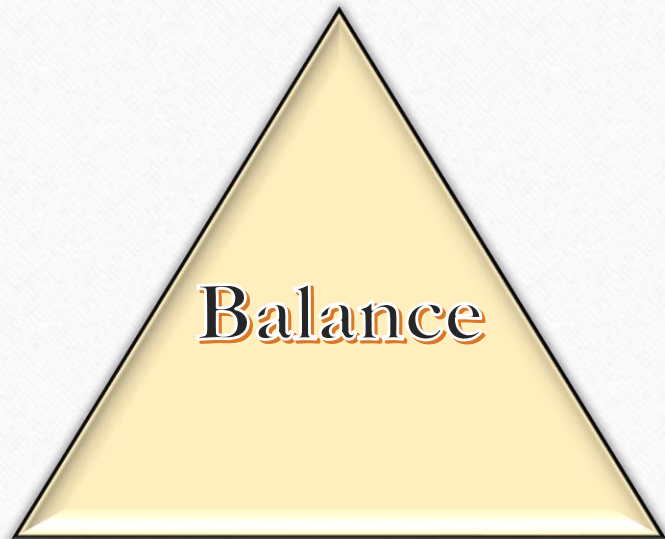
Wellness: is a balance of ALL aspects of health – physical, mental/emotional, and social. To maintain wellness, you need to focus on your overall health equally. (Remember this for an upcoming task.)

Journal Opportunity:

How would **you** best describe a healthy person? (2 or 3 sentences)

Three Components of Health

The Health Triangle:



Physical Health

Mental/Emotional Health

Social Health

Three Components of Health

A Closer Look😊

Physical Health – health habits linked to taking care of your body

Examples: exercise, nutrition, rest

Social Health – health habits linked to others

Examples: getting along with others, communication skills, healthy friendships

Mental/Emotional Health – all about **ME** (thoughts & feelings)

Examples: decision making skills, your attitude, building self-confidence

Your Turn: Application Time

This activity can be done in your journal.

List 10 health habits and decide which side of the health triangle it would best support.

Example:

1. Admitting YOUR mistakes - Mental/Emotional Health

Reminders

- Send **ME** your favorite motivational/inspirational quotes
- Complete journal opportunities/activities (Not required to post or turn in)
- Complete the 10 question quiz in Edmodo (Complete by 4/3/2020)
- Health Challenge: Actually practice healthy habits throughout the week😊
- My next health assignment will be posted Friday, April 3rd

Remember: The ultimate goal is to make decisions, and create health habits that support all three areas of our health. Think balance😊