Per: \_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Health Triangle/Vision Board Project**

**Instructions:**

1. Use the Self-Assessment to evaluate areas you are successfully practicing health enhancing behaviors in and areas you can improve in.
2. Use the results from your Health Triangle Self-Assessment (including your personal impressions) to creatively design a Health Triangle or Vision Board that represents you.
   1. *Your triangle or vision board should take up a whole piece of paper, can be 3-D, on a PP slide, or through video. Get super creative! Incorporate images, words, phrases, color, or whatever else you would like to create a collage that describes goals and dreams you have for your life, and the areas you are doing well/want to improve in.*

**On a separate piece of paper answer the following:**

1. Which side of your health triangle you feel best about? Why? What are 3 influences that can support my growth in this area?
2. Which side of your triangle do you want to work on most? Why? What 3 influences can negatively impact me in this area?
3. What are some dreams and goals you have included? What 3 health enhancing behaviors can you practice to get you closer to one of your goals?
4. Identify 2 ways you can improve in each area of your health (physical, mental, social).

**\_\_\_\_/4 Analyzing influences**=students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

**\_\_\_\_/4 Self-management**=students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Analyzing Influences:**

|  |  |  |
| --- | --- | --- |
| **Score** | **Description** | **Student Score** |
| **4** | Identifies 3 influences that support growth in an area.  Identifies 3 influences that negatively impact an area. |  |
| **3** | Identifies 2 influences that support growth in an area.  Identifies 2 influences that negatively impact an area. |  |
| **2** | Identifies 1 influence that supports growth in an area.  Identifies 1 influence that negatively impacts an area. |  |
| **1** | Identifies 0 influences that support growth in an area.  Identifies 0 influences that negatively impact an area. |  |

**Self-Management:**

|  |  |  |
| --- | --- | --- |
| **Score** | **Description** | **Student Score** |
| **4** | Shows a clear plan (at least 3 influences) for how they will achieve dreams and goals/improve weakest side of triangle.  Identifies 6 ways to improve overall health. |  |
| **3** | Shows a semi-clear plan (at least 2 influences) for how they will achieve dreams and goals/improve weakest side of triangle.  Identifies 4-5 ways to improve overall health. |  |
| **2** | Shows a partial plan (at least 1 influence) for how they will achieve dreams and goals/improve weakest side of triangle.  Identifies 2-3 ways to improve overall health. |  |
| **1** | Does not show a plan for how they will achieve dreams and goals/improve weakest side of triangle.  Identifies 0-1 ways to improve overall health. |  |

 