



Mental Health Awareness Week

We All Have Mental Health



Grades 9-12

TRIANGLE OF HEALTH

Time: 10-15 minutes

Materials: None

Directions:

Draw a large triangle on the board. Write the word “Health” in the middle of the triangle. Label the three sides of the triangle with “Physical” at the base, “Social” on one side, and “Mental” on the third side. Explain to the students that there are three main components to health: physical, social, and mental. All three are important to feeling well.

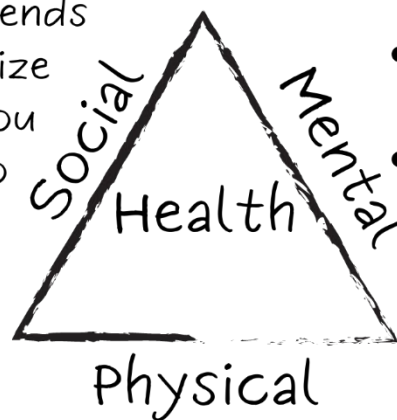
Lead students through a discussion of each side, and what they can do to stay healthy in that area. List their answers on the board by the appropriate side of the triangle. An example of a list for “Physical Health” might include: eat well, get enough sleep, exercise, visit the doctor, etc.

Once the class is done brainstorming, use the following discussion prompts.

DISCUSSION QUESTIONS

- What do we do if one part of our life is unhealthy? Who do you go to?
- How many of you are struggling to keep one or more sides of your triangle healthy? How long can you keep that up?
- What might happen if you completely ignore your physical health?
- Why do you think that teens often ignore their health?
- How might a bad relationship (social) affect the other two sides of your health?

- Spend time with friends
- Apologize when you need to



- Practice mindfulness
- Talk about feelings
- Practice calm down strategies

- Eat healthy
- Exercise
- Get a good night's rest