What is a health journa houghts.	l, and why is it important for our well-being? Write a short paragraph about your
Can you think of a time what made you feel tha	when you felt happy and healthy? Draw a picture and write a short sentence about at way.
ta a a level a me Decil din se	
Vocabulary Building	
	Cabulary words with their meanings:

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Write a sentence u	sing the vocabulary word "hygiene" in the context of personal health.
Can you think of a nutrition".	healthy habit you practice regularly? Write a sentence about it using the vocabulary word
llustrations	
Draw a picture of y	our favorite healthy food and write a short sentence about why you like it.
Can you think of a about the activity.	time when you exercised and felt good about it? Draw a picture and write a short sentence

Write a short paraç	graph about your favorite way to stay healthy, using at least three vocabulary words.
Draw a picture to i	llustrate your paragraph.
ESL Support	
LOL OUDDOLL	
	sentence frames to write a sentence about your favorite healthy habit:
Use the following s	to stay healthy.
Use the following s	
Jse the following s	to stay healthy.
Use the following s	to stay healthy.
Use the following s	to stay healthy.
Use the following s I like to My favorite	to stay healthy. way to stay healthy is
Jse the following s I like to My favorite	to stay healthy. way to stay healthy is time when you felt stressed or anxious? Draw a picture and write a short sentence about
Jse the following s I like to My favorite s Can you think of a	to stay healthy. way to stay healthy is time when you felt stressed or anxious? Draw a picture and write a short sentence about
Jse the following s I like to My favorite s Can you think of a	to stay healthy. way to stay healthy is time when you felt stressed or anxious? Draw a picture and write a short sentence about
Jse the following s I like to My favorite s Can you think of a	to stay healthy. way to stay healthy is time when you felt stressed or anxious? Draw a picture and write a short sentence about

Differentiated Activities
For advanced students: Write a short essay about the importance of mental health and wellness.
For struggling students: Use the following vocabulary words to complete the sentences:
 Hygiene: is important for preventing illnesses. Nutrition: Eating a balanced diet is important for
Review
Review the vocabulary words and their meanings.
Can you think of a time when you practiced good hygiene? Write a short sentence about it.

Reflection	
Reflect on what you have	learned about health and wellness.
Can you think of a health	y goal you want to achieve? Write a short paragraph about it.
Conclusion	
	creating your personal health journal?
	creating your personal health journal?
	creating your personal health journal?
What did you learn from	
What did you learn from	creating your personal health journal? o share what you learned with your friends or family? Draw a picture and write a short
What did you learn from Can you think of a way to	
What did you learn from Can you think of a way to	

Creating a Health	y Routine
What are some heal	thy habits you can practice daily? Write a short paragraph about your favorite habits.
Can you think of a ti about what you did t	me when you felt energized and focused? Draw a picture and write a short sentence o feel that way.
Goal Setting	
	al you want to achieve? Write a short paragraph about your goal and how you plan to
What is a healthy go	al you want to achieve? Write a short paragraph about your goal and how you plan to
What is a healthy go	al you want to achieve? Write a short paragraph about your goal and how you plan to
What is a healthy go achieve it.	
What is a healthy go achieve it.	al you want to achieve? Write a short paragraph about your goal and how you plan to
What is a healthy go achieve it. Can you think of a w	
What is a healthy go achieve it. Can you think of a w	

Mindfulness and	Relaxation
What are some way techniques.	rs to practice mindfulness and relaxation? Write a short paragraph about your favorite
Can you think of a t what helped you fee	ime when you felt calm and relaxed? Draw a picture and write a short sentence about el that way.
Healthy Relations	ships
·	ships racteristics of healthy relationships? Write a short paragraph about your thoughts.
·	•
What are some cha	•
What are some cha	racteristics of healthy relationships? Write a short paragraph about your thoughts.

Emotional Intelli	ence
What are some way strategies.	s to recognize and manage your emotions? Write a short paragraph about your favorite
	me when you recognized and managed your emotions effectively? Draw a picture and ce about what you did.
Self-Care	
	s to practice self-care? Write a short paragraph about your favorite activities.
	to practice self-care? Write a short paragraph about your favorite activities.
What are some way	s to practice self-care? Write a short paragraph about your favorite activities. The when you prioritized self-care? Draw a picture and write a short sentence about what
What are some way	

Healthy Boundaries	
What are some ways to	o set and maintain healthy boundaries? Write a short paragraph about your thoughts.
Can you think of a time what you did.	when you set a healthy boundary? Draw a picture and write a short sentence about
Seeking Help	
What are some resource	ces available for seeking help when needed? Write a short paragraph about your
What are some resource	ces available for seeking help when needed? Write a short paragraph about your
What are some resource	ces available for seeking help when needed? Write a short paragraph about your
thoughts. Can you think of a time	e when you sought help from a trusted adult or professional? Draw a picture and write a
What are some resourd	e when you sought help from a trusted adult or professional? Draw a picture and write a
What are some resourd thoughts. Can you think of a time	e when you sought help from a trusted adult or professional? Draw a picture and write

Review and Reflect	ion
Review what you have	learned about health and wellness. Write a short paragraph about your thoughts.
Can you think of a way sentence about your p	y to apply what you have learned to your daily life? Draw a picture and write a short olan.
Conclusion	
What did you learn fro	m this health and wellness journal? Write a short paragraph about your thoughts.
Can you think of a way about your plan.	y to share what you learned with others? Draw a picture and write a short sentence

Final Thoughts	
What are your final thoughts about health and wellness? Write a short paragraph about your thoughts.	
Can you think of a way to continue practicing healthy habits? Draw a picture and write a short sentence ab your plan.	out
Celebration	
Celebrate your progress and accomplishments! Write a short paragraph about what you are proud of.	
Can you think of a way to reward yourself for your hard work? Draw a picture and write a short sentence about your plan.	

What is a health journal, and why is it important for our well-being? Write a short paragraph about your thoughts. Can you think of a time when you felt happy and healthy? Draw a picture and write a short sentence about what made you feel that way. Vocabulary Building Match the following vocabulary words with their meanings: Hygiene Nutrition Exercise Mental Health Wellness Write a short sentence using one of the vocabulary words.	Introduction to Hea	Ith Journals
Vocabulary Building Match the following vocabulary words with their meanings: Hygiene Nutrition Exercise Mental Health Wellness		al, and why is it important for our well-being? Write a short paragraph about your
 Match the following vocabulary words with their meanings: Hygiene Nutrition Exercise Mental Health Wellness 		
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 Hygiene Nutrition Exercise Mental Health Wellness 		
 Nutrition Exercise Mental Health Wellness 		
Write a short sentence using one of the vocabulary words.	Match the following vo	
	 Match the following vo Hygiene Nutrition Exercise Mental Health 	
	 Match the following vo Hygiene Nutrition Exercise Mental Health Wellness 	ocabulary words with their meanings:
	 Match the following vo Hygiene Nutrition Exercise Mental Health Wellness 	ocabulary words with their meanings:

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Sentence Writin	ng
Write a sentence	using the vocabulary word "hygiene" in the context of personal health.
Can you think of a "nutrition".	a healthy habit you practice regularly? Write a sentence about it using the vocabulary word
Illustrations	
Draw a picture of	your favorite healthy food and write a short sentence about why you like it.
Can you think of	a time when you eversized and felt good about it? Draw a picture and write a abort centency
about the activity	a time when you exercised and felt good about it? Draw a picture and write a short sentence '.

Health Journal Entry
Write a short paragraph about your favorite way to stay healthy, using at least three vocabulary words.
Draw a picture to illustrate your paragraph.
ESL Support
Use the following sentence frames to write a sentence about your favorite healthy habit:
 I like to to stay healthy. My favorite way to stay healthy is
Can you think of a time when you felt stressed or anxious? Draw a picture and write a short sentence about
what helped you feel better.

	ctivities
For advanced stud	ents: Write a short essay about the importance of mental health and wellness.
For struggling stu	lents: Use the following vocabulary words to complete the sentences:
	is important for preventing illnesses. ting a balanced diet is important for
Review	
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Review the vocab	lary words and their meanings. time when you practiced good hygiene? Write a short sentence about it.
Review the vocab	
Review the vocab	

Reflection	
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Conclusion	
	m creating your personal health journal?
	m creating your personal health journal?
	m creating your personal health journal?
What did you learn froi	m creating your personal health journal? v to share what you learned with your friends or family? Draw a picture and write a short
What did you learn from	
What did you learn from	

