



Introduction to Health Journals

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

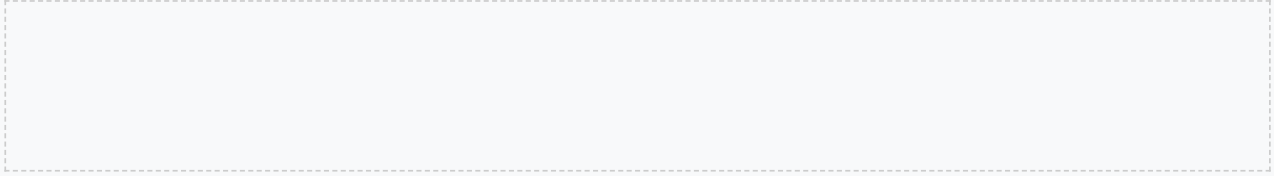
Match the following vocabulary words with their meanings:

- Hygiene
- Nutrition
- Exercise
- Mental Health
- Wellness

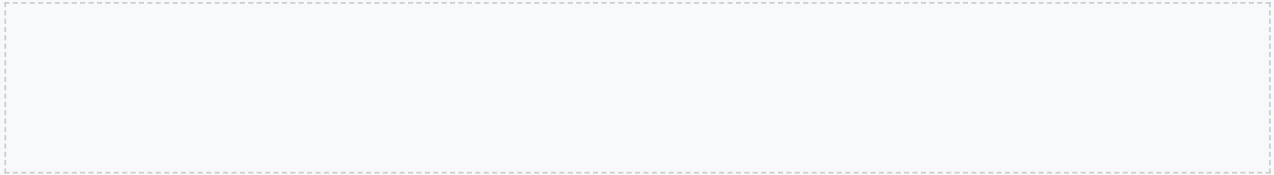
Write a short sentence using one of the vocabulary words.

Sentence Writing

Write a sentence using the vocabulary word "hygiene" in the context of personal health.

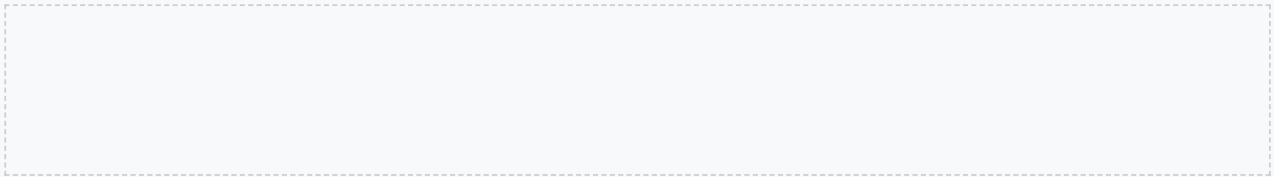


Can you think of a healthy habit you practice regularly? Write a sentence about it using the vocabulary word "nutrition".

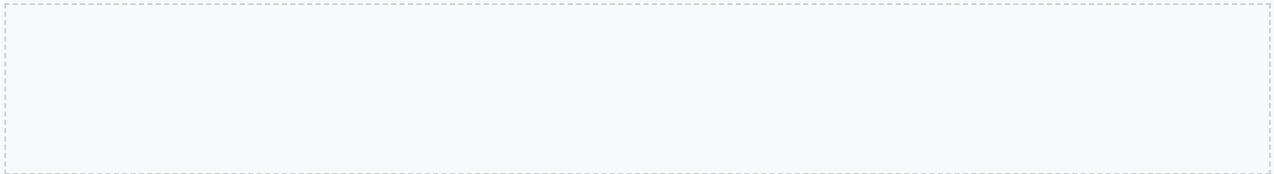


Illustrations

Draw a picture of your favorite healthy food and write a short sentence about why you like it.

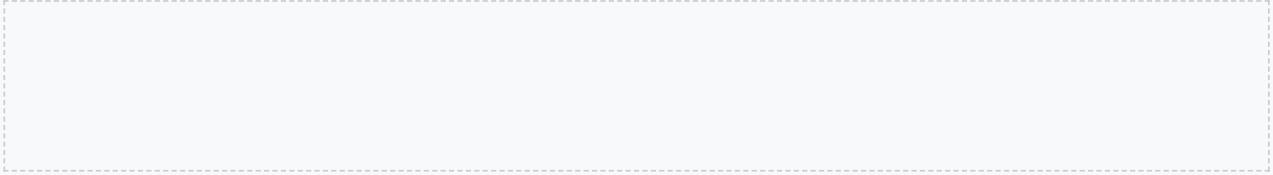


Can you think of a time when you exercised and felt good about it? Draw a picture and write a short sentence about the activity.



Health Journal Entry

Write a short paragraph about your favorite way to stay healthy, using at least three vocabulary words.



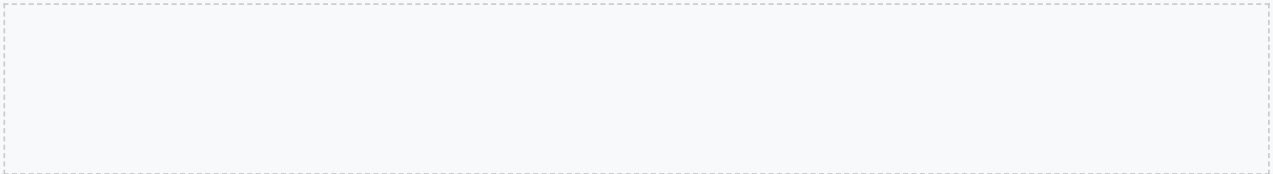
Draw a picture to illustrate your paragraph.



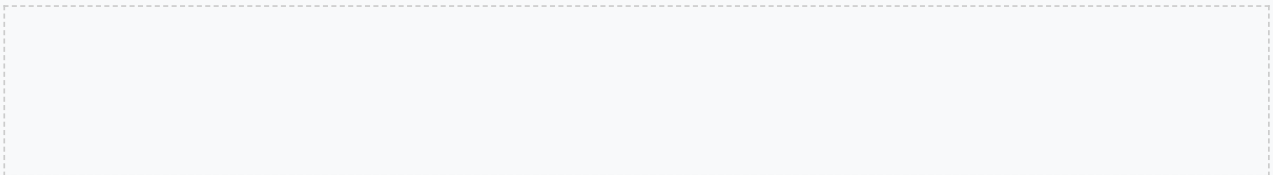
ESL Support

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.



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 healthy goal you want to achieve? Write a short paragraph about it.

Conclusion

What did you learn from creating your personal health journal?

Can you think of a way to share what you learned with your friends or family? Draw a picture and write a short sentence about it.

Creating a Healthy Routine

What are some healthy habits you can practice daily? Write a short paragraph about your favorite habits.

Can you think of a time when you felt energized and focused? Draw a picture and write a short sentence about what you did to feel that way.

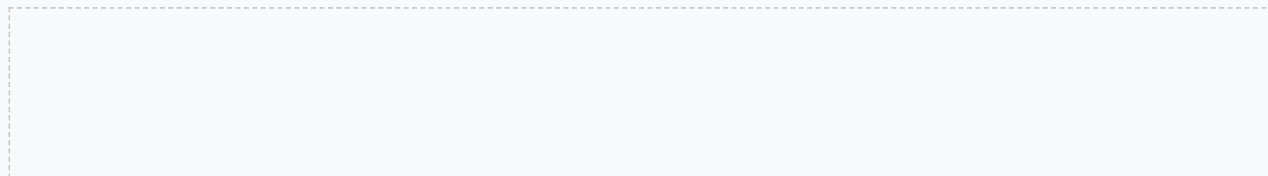
Goal Setting

What is a healthy goal you want to achieve? Write a short paragraph about your goal and how you plan to achieve it.

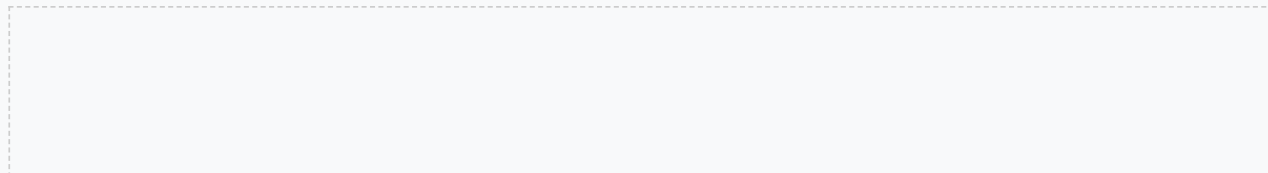
Can you think of a way to track your progress? Draw a picture and write a short sentence about how you will track your progress.

Mindfulness and Relaxation

What are some ways to practice mindfulness and relaxation? Write a short paragraph about your favorite techniques.

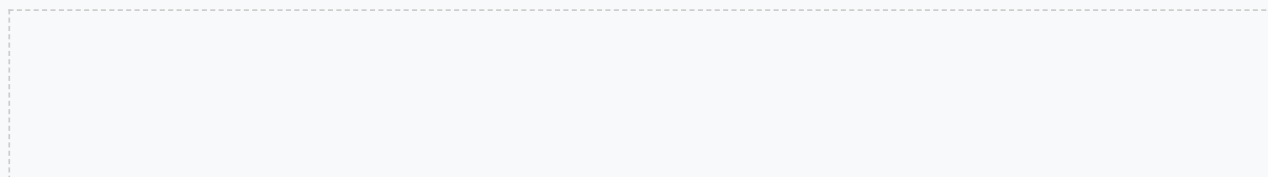


Can you think of a time when you felt calm and relaxed? Draw a picture and write a short sentence about what helped you feel that way.

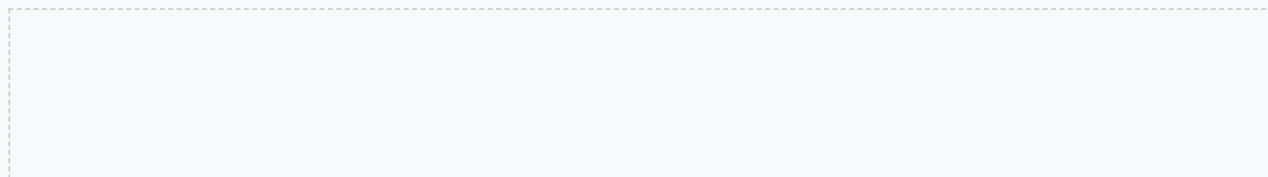


Healthy Relationships

What are some characteristics of healthy relationships? Write a short paragraph about your thoughts.

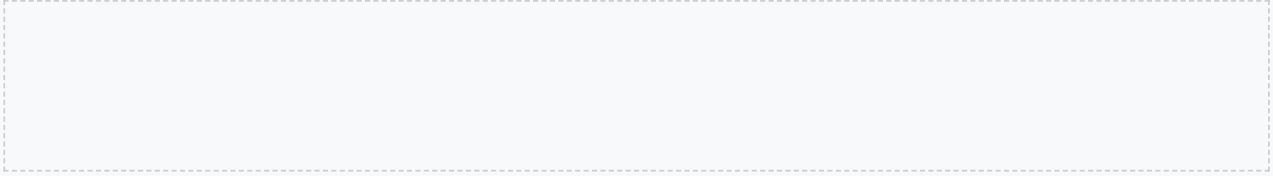


Can you think of a time when you had a positive interaction with a friend or family member? Draw a picture and write a short sentence about what made it positive.

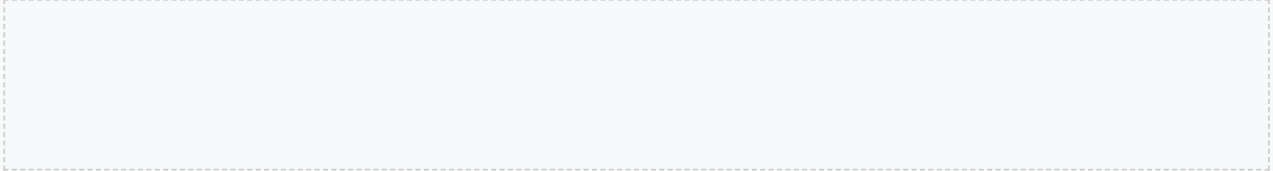


Emotional Intelligence

What are some ways to recognize and manage your emotions? Write a short paragraph about your favorite strategies.

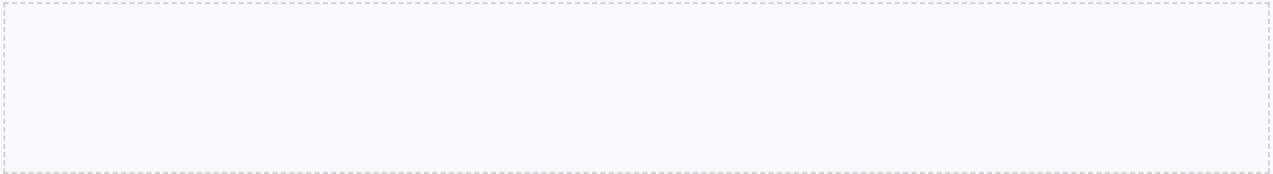


Can you think of a time when you recognized and managed your emotions effectively? Draw a picture and write a short sentence about what you did.

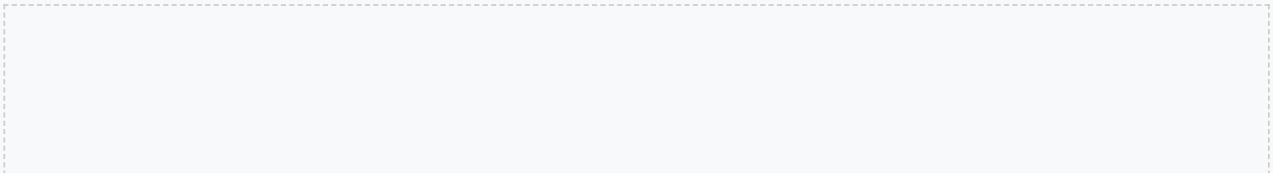


Self-Care

What are some ways to practice self-care? Write a short paragraph about your favorite activities.

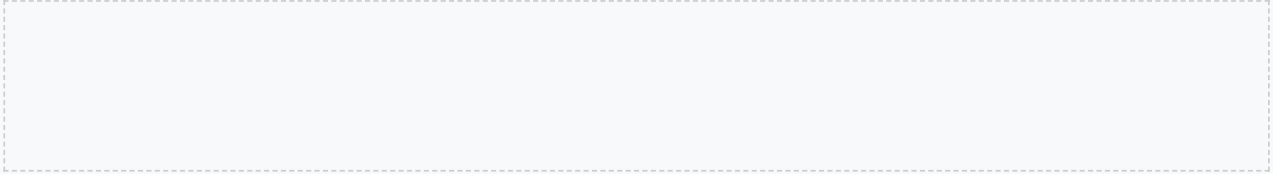


Can you think of a time when you prioritized self-care? Draw a picture and write a short sentence about what you did.



Healthy Boundaries

What are some ways to set and maintain healthy boundaries? Write a short paragraph about your thoughts.

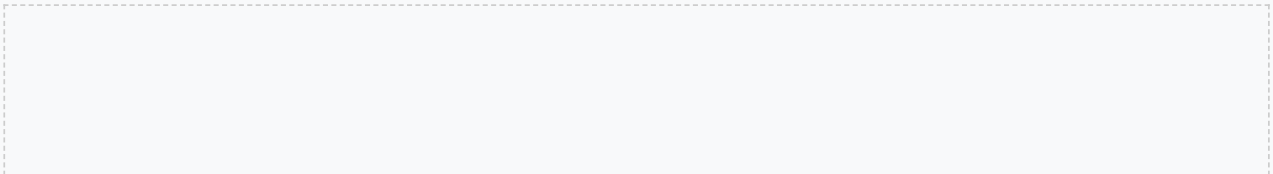


Can you think of a time when you set a healthy boundary? Draw a picture and write a short sentence about what you did.

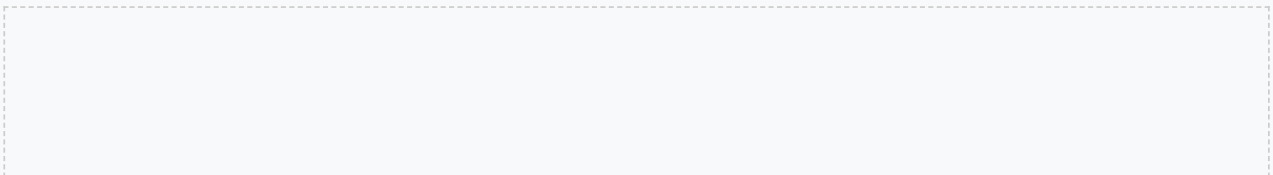


Seeking Help

What are some resources available for seeking help when needed? Write a short paragraph about your thoughts.



Can you think of a time when you sought help from a trusted adult or professional? Draw a picture and write a short sentence about what you learned.



Review and Reflection

Review what you have learned about health and wellness. Write a short paragraph about your thoughts.

Can you think of a way to apply what you have learned to your daily life? Draw a picture and write a short sentence about your plan.

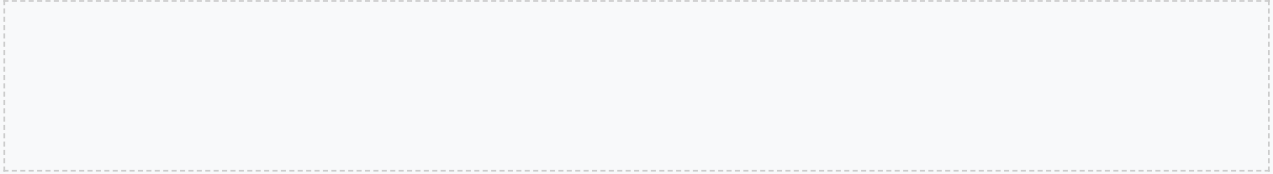
Conclusion

What did you learn from this health and wellness journal? Write a short paragraph about your thoughts.

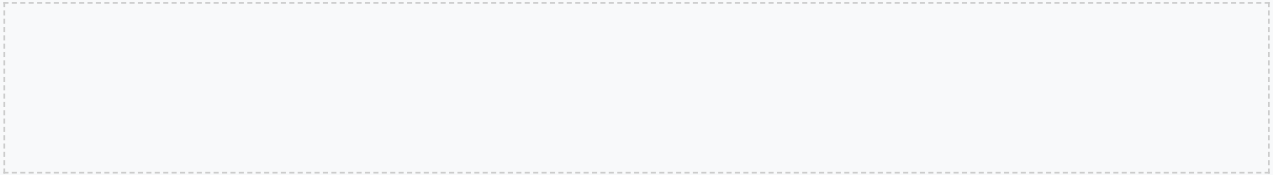
Can you think of a way to share what you learned with others? Draw a picture and write a short sentence about your plan.

Final Thoughts

What are your final thoughts about health and wellness? Write a short paragraph about your thoughts.

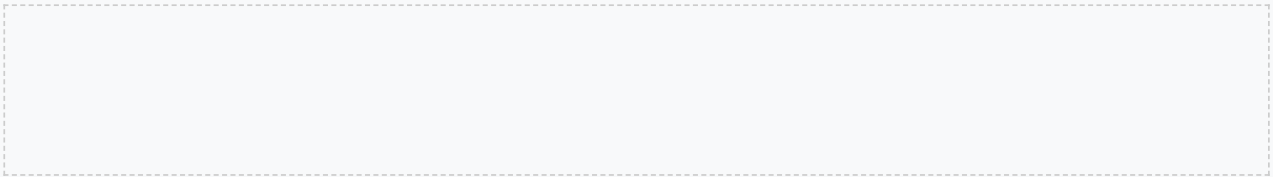


Can you think of a way to continue practicing healthy habits? Draw a picture and write a short sentence about your plan.

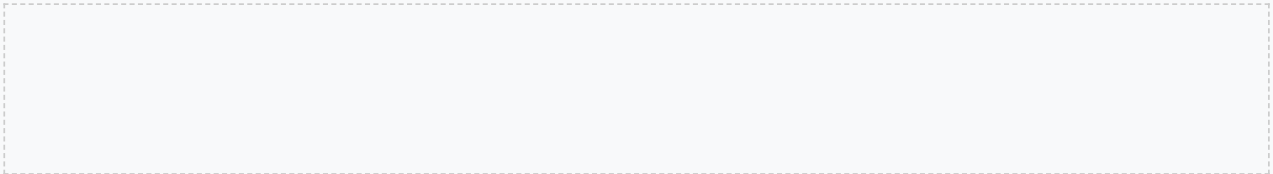


Celebration

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.





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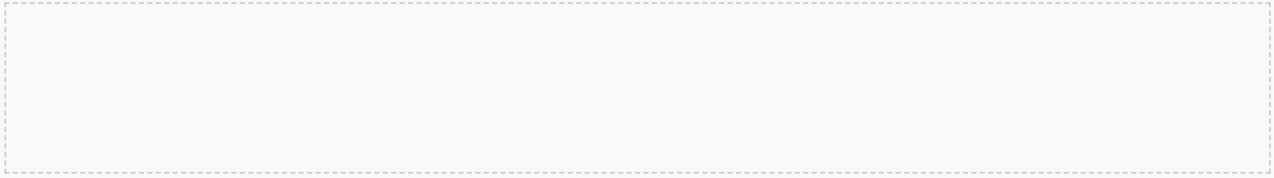
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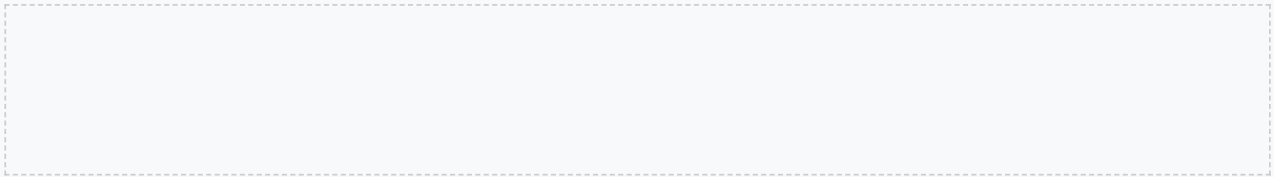
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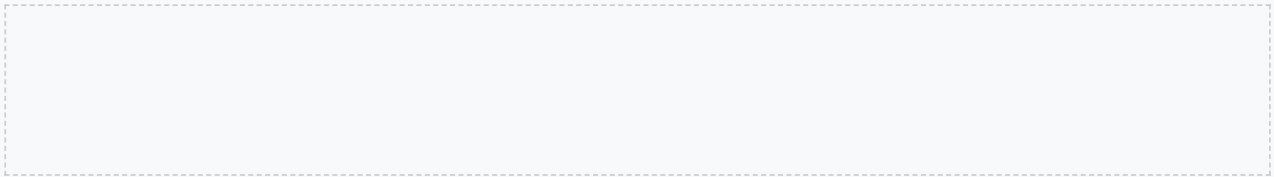


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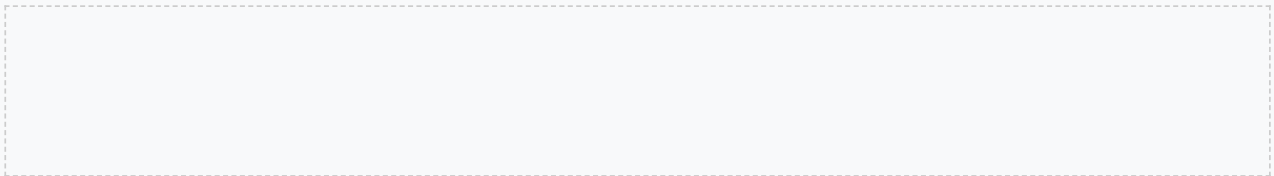


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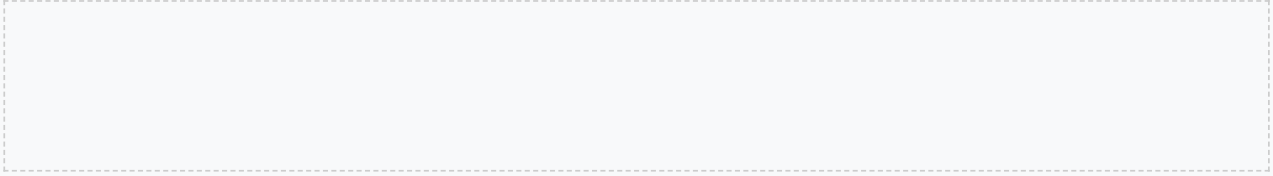


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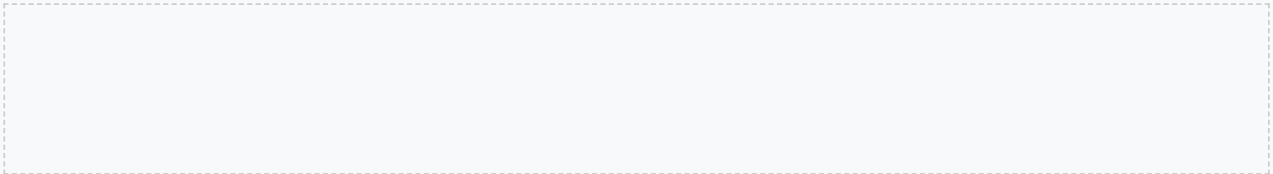
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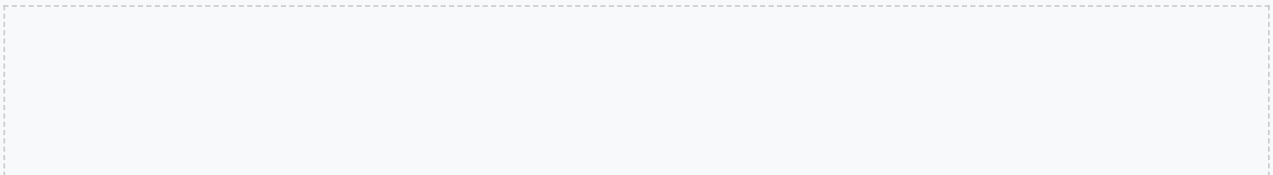
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