

HEALTH TRIANGLE PROJECT

Name _____ Period _____

Part I: Create a collage poster that shows ways to achieve good health. Look through magazines to find pictures and/or words that represent each area of the PEMS health triangle (physical, emotional/mental, social).

Part II: Write a 1-2 page assessment of your personal health. For each area, discuss your strengths and weaknesses. You also need to think of a health goal you can set to improve your health triangle. Describe at least one goal you can set for yourself from one of the three areas and what steps you can take to successfully reach that goal.

** You must be sure to include the following areas on your collage and in your essay.

Physical – sleep, hygiene, nutrition, exercise

Emotional/mental – thinking/learning/reading/school (mental); ways to deal with stress/
self-esteem/decision making/setting goals, etc. (emotional)

Social – family and friend relationships

GRADE:

Part I: Poster:	WORTH	RECEIVED
❖ Total appearance (creative, neat, attractive)	20	
❖ Physical section	20	
❖ Emotional/mental section	20	
❖ Social section	20	
❖ Effort (really tried or slapped on a few pictures)	20	

Part II: Essay

WORTH RECEIVED

❖ Strengths and weaknesses – Physical	20
❖ Emotional/mental	20
❖ Social	20
❖ Goal – Stating the goal	10
❖ Steps to complete the goal	15
❖ Rubric attached	5
❖ Typed, double spaced, spelling, grammar	10