

Health – High School

T-Chart

Directions: In this activity, you will be comparing two people. One person is “well” in terms of how we define health. The other person is not well or unhealthy. Each column represents a person. In the column to the left you will detail a healthy person. In the column on the right you will look at aspects of someone who is unhealthy. For each wellness category, provide three examples.

|  |  |
| --- | --- |
| **Healthy Person** | **Unhealthy Person** |
| Emotional Wellness  1. Feel good about themself  2. Normal feelings  3. Calm  Physical Wellness  1. Doesn’t get sick a lot  2. Strong  3. Well rested  Career Wellness  1. Getting paid enough  2. Has a job  3. Is satisfied with their job  Spiritual Wellness  1. Goes to church  2.  3.  Social Wellness  1. Can talk to people  2. Has friends  3. Has someone to talk to  Environmental Wellness  1. Doesn’t litter  2. Is conscious of their impact  3. Recycles | Emotional Wellness  1. Mood swings  2. Feel sad constantly  3. Irritable  Physical Wellness  1. Gets sick a lot  2. Unfit  3. Constantly tired  Career Wellness  1. Not getting paid enough  2. Don’t have a job  3. Is unsatisfied with their job  Spiritual Wellness  1. Doesn’t go to church  2.  3.  Social Wellness  1. Struggles to talk to people  2. Doesn’t have friends  3. Doesn’t have someone to talk to  Environmental Wellness  1. Litters  2. Doesn’t care what they do  3. Never recycles |
|  |  |