

HEALTHY LIFESTYLES

WORKBOOK



HIGH SCHOOL ADOLESCENTS

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HEALTHY
LIFESTYLE

Goal Action Plan

GOAL

70%

What are your goals?

ACTION STEPS

Write your action steps here.

POSSIBLE OBSTACLES

Write the possible obstacles here.

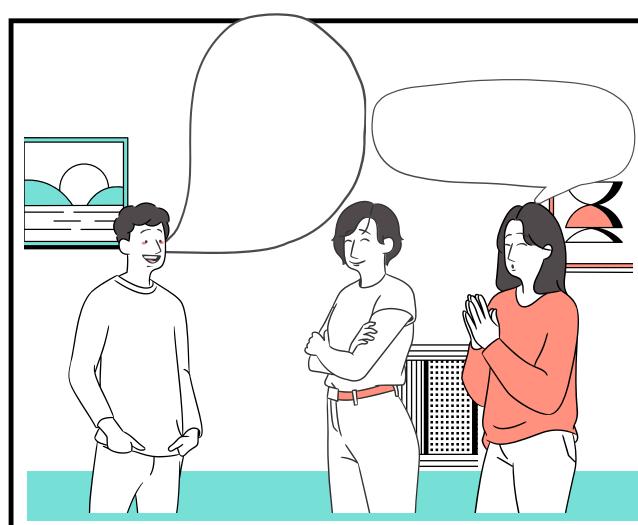
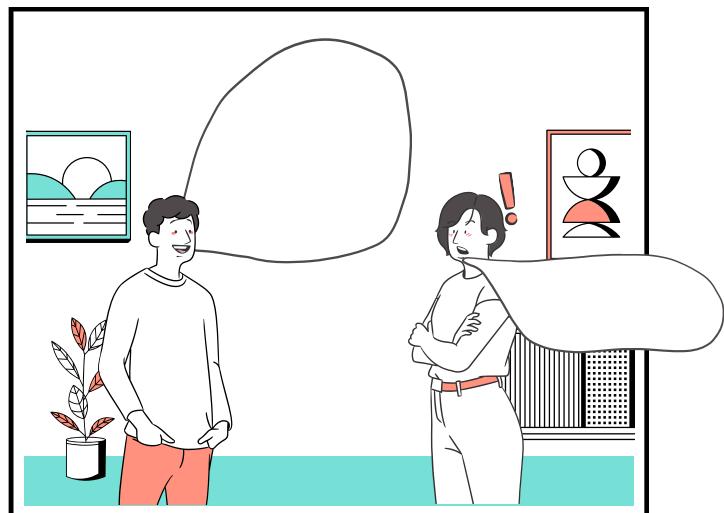
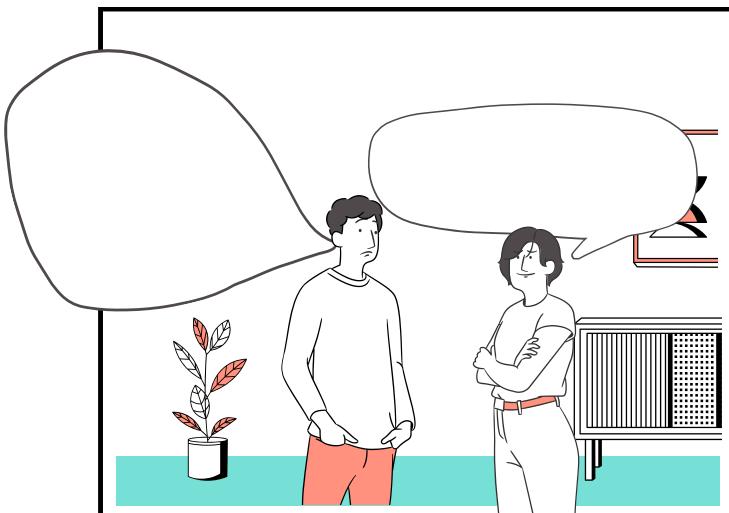
HOW TO OVERCOME OBSTACLES

Write how you will overcome the obstacles here.

Say No With Confidence- Comic Strip

The comic strip shows a character facing peer pressure to use a substance.

There are no words—only images. Pay attention to body language, facial expressions, and the situation.



Fill in the Speech Bubbles

WRITE REALISTIC AND CONFIDENT RESPONSES THAT THE CHARACTER CAN USE TO SAY NO.

USE AT LEAST ONE REFUSAL STRATEGY, SUCH AS:

DIRECT REFUSAL: "NO THANKS, I DON'T WANT TO."

ALTERNATIVE SUGGESTION: "LET'S DO SOMETHING ELSE INSTEAD."

DELAY TACTIC: "I NEED TO GO HOME."

CONFIDENCE & BODY LANGUAGE: "I DON'T DO THAT."

Scene 1

Scene 2

Scene 3

Scene 4



DESIGN A WELLNESS APP

Imagine you're creating a mobile app to help other teens lead healthier lives. Your app should support one or more wellness goals—like eating better, exercising, managing stress, or avoiding risky behaviors.

Step 1: App Concept

What is your app's name?

What wellness area does your app focus on?

(Check one or more)

- Nutrition
- Physical Activity
- Stress Management
- Sleep
- Mental Health
- Substance Use Prevention
- Other: _____

Step 2: Features and Tools

List at least 3 features your app will have and how each will help users:

Feature

1. _____

2. _____

3. _____

How it helps

1. _____

2. _____

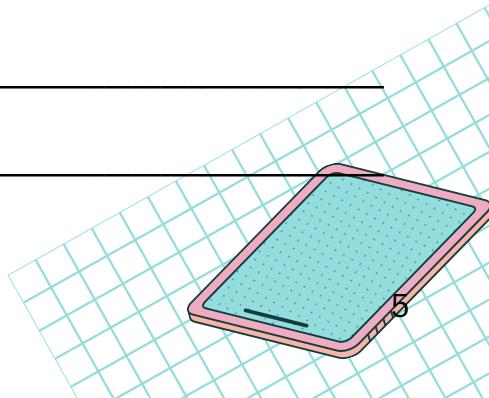
3. _____

Step 3: Your Audience

Who is your app designed for?

(e.g., middle schoolers, athletes, teens with anxiety, all high school students)

What makes your app useful for them?





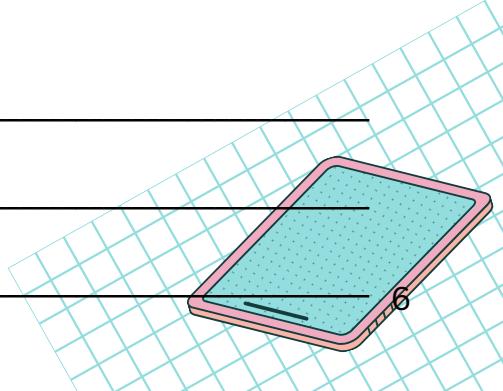
DESIGN A WELLNESS APP

Use the phone outline below or the space on the back to sketch the main screen of your app.
Include labels for buttons, graphics, and anything that would help a user navigate.



Reflection Questions

1. How would your app encourage positive behaviors without judging or shaming users?
2. What would make someone want to use your app regularly?



ETHICAL DILEMMAS IN WELLNESS



Read each case study below. Then, answer the reflection questions that follow. Be honest and thoughtful—there are no perfect answers, just your reasoning and values.

Case Study 1: Vaping Ad Targeting

You see an ad on social media for a fruit-flavored vape product. The video features colorful animations, catchy music, and a teen influencer talking about how it helps them “chill” and “stay focused.” Reflection Questions:

1. Who do you think this ad is targeting?
2. What messages are they trying to send?
3. Do you think it’s ethical for companies to advertise in this way? Why or why not?
4. What rules or limits (if any) should exist for health-related advertising to teens?

Case Study 2: Supplements in Sports

Jared is a student athlete who wants to get stronger for football tryouts. He sees an ad for muscle-building supplements that promise fast results. His favorite sports YouTuber promotes it and offers a discount code. Jared is considering using it even though he isn’t sure what’s in it. Reflection Questions:

1. What pressures is Jared feeling that might influence his decision?
2. What are the risks and benefits of using supplements?
3. Should influencers be allowed to promote supplements to teens? Why or why not?
4. If you were Jared, what would you do?

Case Study 3: Social Media and Body Image

Sara scrolls through fitness influencers every day. Most of them have “perfect” bodies and post about “clean eating” and workouts. Sara starts skipping meals to look more like them, even though she feels tired and irritable. Reflection Questions:

1. How does social media affect Sara’s view of her body?
2. Are influencers responsible for how their content affects others?
3. What would you say to Sara if she were your friend?
4. How can we use social media in a healthier way?

MENTAL HEALTH



Understanding Teen Mental Health

Mental health refers to your emotional, psychological, and social well-being. It affects how you think, feel, and interact with others. Good mental health doesn't mean being happy all the time—it means being able to handle stress, make healthy decisions, and seek support when needed.

More Teens Are Struggling

The teen brain is still developing, especially the area that helps with planning, decision-making, and self-control. Because of this, teens may experience stronger emotions and face unique challenges, but they also have great potential for growth and resilience.

In recent surveys, nearly half of high school students reported persistent feelings of sadness or hopelessness. Many teens also experienced increased stress and mental health challenges during and after the pandemic.



Warning Signs to Watch For

- Withdrawing from friends or usual activities
- Big changes in sleep, eating habits, or energy levels
- Constant feelings of sadness, anxiety, or anger
- Talking about or showing signs of self-harm



Healthy Ways to Support Your Mental Health

Build Strong Relationships

Having friends, family members, or trusted adults to talk to can help you feel more connected and supported.

Take Care of Your Body

Regular physical activity, getting enough sleep, eating nutritious foods, and limiting screen time all contribute to better mental health.

Learn to Manage Emotions

Practicing mindfulness, deep breathing, journaling, or talking things out can help you handle stress and improve your mood.

Ask for Help Early

If you're struggling, it's important to talk to a parent, counselor, teacher, or healthcare provider. Getting support early can make a big difference.

MENTAL HEALTH

Comprehension Questions



What makes adolescence a critical time for mental health?

- A) Teen brains are fully developed
- B) Teens don't experience stress
- C) The brain's thinking and decision-making areas are still growing
- D) Mental health challenges begin in adulthood

Which of the following is NOT a warning sign of mental health concerns?

- A) Avoiding friends
- B) Feeling sad most days
- C) Wanting to be a superhero
- D) Changes in sleep and appetite

What is one healthy way to support teen mental health?

- A) Avoiding people
- B) Getting no sleep
- C) Practicing mindfulness
- D) Ignoring strong emotions



Short Answer

4. Why are strong friendships important for mental health?

5. List two healthy habits that can improve your mental well-being.

6. If a friend shows signs of poor mental health, what could you do to help?

Reflection

7. Think about how mental health affects your school or community. What is one change or action that could help improve mental health for yourself or others?





GAMING IT OUT: DECISION TREE

Use this worksheet to think through the possible choices and outcomes in a real-life situation. Fill out each step as you explore how different decisions can lead to different consequences.

Scenario Example: You're at a party and someone offers you alcohol.

Describe the situation in one or two sentences:

Choice A

Choice B

What are your choices?

What could happen for each choice?

[Large empty box for writing]

[Large empty box for writing]

WHAT IS THE BEST CHOICE FOR YOUR HEALTH AND FUTURE? EXPLAIN WHY:



HEALTHY LIFESTYLES

WORKBOOK