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**Health Final: Movie Scavenger Hunt**

**DIRECTIONS:** To complete this assignment, you are allowed to choose **any movie** that you would like to watch (all we ask is no R-Rated movies). The movie can be anything from a Disney movie, to James Bond, to Marvel or Harry Potter, etc. Again, we just ask that the movie is not R-Rated. While watching the movie you are to complete the worksheet below. This worksheet is a combination of the main topics you have learned about in health class. Since this worksheet is generic for any movie, it does not go in any specific order. **Therefore, we suggest reading through the entire worksheet before watching the movie to see what types of information you are looking for.**

Some SWANK Options:

Inside Out, Charlie and the Chocolate Factory (Johnny Depp version), Holes, Jumanji

**MOVIE CHOICE:** Inception Movie Rating: PG-13

**Nutrition:**

Find a scene in the movie where someone is eating a meal or a snack:

What specifically is the person eating: **Coffee**

Overall, how would you rate this meal or snack on a scale of 1-10 (1 being the unhealthiest, 10 being the healthiest). Explain in a full sentences why you chose this score for this meal. Score: **6**

Why? **Coffee is mostly healthy, but too much of it can lead to health conditions.**

**Physical Activity:**

Find a scene that someone is being physical active:

What physical activity was this person doing: **Sprinting**

What are 2 benefits of this type of physical activity: **Burns a lot of calories and increases stamina**

Overall, how many calories do you think this person burned while completing this type of exercise? Do some research online, estimate how long you believe they were working, and provide some of this information to me on *why* you chose the amount of calories you did:

Calories Burned: **400** Defend your answer: **Every 200 calories are burned from sprinting per two and a half minutes. Since Cobb was sprinting for 5 minutes, he would’ve burnt 400 calories.**

**Communication:**

Find one quote from the movie for each of the following types of communication:

Passive Quote: **Yeah, uh, I think so, yeah.**

Aggressive Quote: **Doesn’t matter. You failed**

Assertive Quote: **The more you change things, the quicker the projections start to converge on you.**

Find 1 example of a communication breakdown and explain what happened in the scene:

**When Cobb was talking to Mal, everything he said to her was assertive.**

**Stress:**

Find 1 stressful situation and describe it here: **Saito got shot in the chest.**

Name 1 negative effect of this stress on the character: **Became anxious of everything and unconscious**

How did the character handle this stress? **He thought of continuing for the team**

How could they have handled this stress better? **They could’ve handled the stress better if there were medical equipment.**

**Safety:**

Find 1 scene from the movie where the character did not use good safety precautions. Describe it: **Yusuf was speeding on the road and ran red lights in the van.**  
How could the character have been safer within that situation?

**He could’ve stayed within the speed limit and followed traffic rules.**

**Decision Making:**

Find one decision that was made during this movie and describe the scenario: **Going to the bottom floor of the regret elevator.**

Did the Character explore and weigh their options? **No** W hat different options did this character have while facing this decision? **To not go down there**

Did this character make a good decision, why or why not? **Ariadne went to the bottom floor, and this was not a good decision. Mal was very manipulative and angry at the two.**

**Goal Setting:**

Find a goal one of the characters within the movie had and describe it: **The goal was to plant an idea in a target’s mind and make the subconscious believe that it is real.**

Was it a SMART goal? Yes or No? **Yes** (If you don’t remember what SMART stands for, look it up!)

Explain why you believe it was or was not SMART: **This goal was specific, and measurable, attainable, realistic and time-based. It was measured by asking the target questions and seeing if they say the idea and if they are convinced that it is real. It was attainable as they had as much time as they needed and it was realistic since they were capable of doing this.**

**Substance Abuse:**

Find one scene where a drug was used (alcohol, tobacco, medicine, etc.) and describe the situation:

**Somnacin is the drug used to share dreams and lucid dream.**

What is one effect of this type of drug use? **Deteriorating of mental health**

Do you believe the person was abusing the drug? Why or why not? **No, as it was controlled by people on the outside.**

**Relationships:**

Find one relationship in the movie. Describe the relationship and whether you believe it was a healthy or unhealthy relationship. Defend your answer: **The relationship between Cobb and Mal was unhealthy because Cobb was too attached to Mal.**

**Personality:**

Find at least one character in the movie that aligns with each of the personality traits below. Then explain why you believe this trait is part of their personality:

|  |  |  |
| --- | --- | --- |
| **Trait:** | **Character Name:** | **Explanation:** |
| Openness | Fischer | He was very open in his subconscious, as he just gave out very secretive informatiion. |
| Conscientiousness | Ariadne | Although sometimes not careful, she is almost always cautious with whatever she is doing. |
| Extroversion | Cobb | Cobb talks with many people and exchanges many conversations. |

**Mental Health:**

Find at least one scene or idea throughout the movie that deals with a mental health topic (ie: depression, anxiety, stress, suicide, etc.). Describe the situation and provide a meaningful connection to the mental health unit: **Mal committed suicide by jumping off of a building. She was convinced that she was still dreaming and wanted to go back to reality. The only way to wake up was to die in the current dimension.**

**Grief/Loss Cycle:**

Find one time in the movie that a character is dealing with a big loss (remember, grief does not always mean death. It could be a house fire, the loss of a relationship, etc.)

Describe the situation: **Cobb lost the life of his wife, Mal, after she jumped off of a building to go back to reality.**

Now describe 1 of the 5 stages of loss that this character went through (Hint: DABDA - look up the 5 stages if you don’t remember!). Name 1 stage of loss the character went through: **Denial, as Cobb couldn’t believe it at first that it happened.**