Concept Mapping Activity 1-1

Directions: Complete the concept map showing the different parts of the health triangle, using terms and phrases from your textbook.

The health triangle consists of

- _______ health,
  which involves the health of your _______
  This stays healthy by _______ , _______, and _______.

- _______ / emotional health,
  which involves the health of your _______
  This stays healthy by _______ , expressing _______ in healthy ways, and asking for _______ when needed.

- social health,
  which involves the health of your _______
  This stays healthy by _______ well with others, having _______ for others, and building _______.

Lesson 1

Chapter 1  Teen Health Course 1
Concept Mapping Activity 1-2

Directions: Complete the concept map about factors that affect your health, using terms and phrases from your textbook.

Factors that affect your health

- Your ______ means the traits passed on to you from your biological parents.
- The information you see and read comes from the ______.
- Your family and ______ influence your beliefs.
- People your age are your ______.
- The way you feel about your health is your ______.
- ______ involves scientific ideas that affect your life.
- The ______ is the sum of your surroundings.
Concept Mapping Activity 1-3

Directions: Complete the concept map on health skills, using terms and phrases from your textbook.

Skills for a Healthy Life

You can stay about health issues by getting reliable information.

Everyone should pay attention to the on their health.

Practicing health and safety habits to stay healthy is .

It is important to with others.

When you cope well with emotional challenges, you can manage .

When you for health, you encourage other people to live healthy lives.
Concept Mapping Activity 1-4

Directions: Complete the concept map to describe the six steps in the decision-making process, using words and phrases from your textbook.

<table>
<thead>
<tr>
<th>Steps in the Decision-Making Process</th>
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| Step 1: Make sure you understand the options you have. Cover all of the |
| Step 2: Think about the ethical, moral, and values of each option. Make sure they are ethical, moral, and right. |
| Step 3: Consider your personal values and what is right and wrong. |
| Step 4: Make a decision and be true to your personal values. |
| Step 5: After you have gone through with your decision, what outcomes of the decision were. |
| Step 6: |

Lesson 4
Concept Mapping Activity 1-5

Directions: Complete the concept map describing the steps for setting goals, using words and phrases from your textbook.

Steps for Setting Goals

Choose a _______________ goal. Make sure you will be able to _______________ your goal at some point.

Make your goal _______________.

List the _______________ needed to _______________ your goal.

the people who can _______________ you reach your goal.

your progress while you are trying to _______________ your goal.

yourself for reaching the goal!