

## Vision Board Activity

Common Activity: Creating an Online Vision Board: Exploring the Health Triangle

Grade Level: 6<sup>th</sup>-8<sup>th</sup> grade

Curriculum Outcome:

Health 1: Describe interrelationships of dimensions of health. Describe how goals can enhance health.

Lesson Objectives:

1. Understand the concept of the [Health Triangle](#) and its three components: physical, mental/emotional, and social health.
2. Develop knowledge and skills in using Canva or PowerPoint to create an online vision board.
3. Reflect on personal goals and aspirations related to physical, mental/emotional, and social health.
4. Use creativity to visually represent personal goals and aspirations on the vision board.

Materials:

1. Computers or tablets with internet access
2. [Canva](#) or PowerPoint software
3. Art supplies (colored pencils, markers, etc.) for offline brainstorming and sketching (optional)
4. Projector or interactive whiteboard (for class discussion and presentation)
5. Health Triangle/Goal-Setting worksheet (attached)

Duration: 1-2 class periods (45-60 minutes each)

Procedure:

- A. Introduction to the Health Triangle and Goal Setting (Day 1)
- Pass out the attached Health Triangle worksheet. Begin the lesson by explaining the concept of the Health Triangle to the students. Emphasize that health is not limited to just physical well-being but also encompasses mental/emotional and social aspects.
  - Facilitate a class discussion on the importance of each component of the Health Triangle and how they influence overall well-being.
    - **Physical:** Maintaining good physical health involves adopting healthy habits, engaging in regular physical activity, eating a balanced diet, getting enough restful sleep, practicing good hygiene, and avoiding harmful substances.
    - **Mental:** Good mental/emotional health includes having a positive self-image, managing stress effectively, developing resilience, expressing emotions appropriately, and seeking support when needed. It also involves engaging in activities that promote mental stimulation and growth, such as reading, learning, and engaging in creative pursuits.
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- **Social:** Social health includes developing empathy, compassion, and respect for others, as well as being able to establish and maintain healthy boundaries in relationships. Positive social interactions and support networks are vital for overall well-being.
  - Introduce the idea of setting personal goals related to physical, mental/emotional, and social health. Discuss the benefits of goal setting and how it can contribute to a healthier lifestyle.
  - Provide examples of specific goals that students could set for each component of the Health Triangle. Encourage students to think about their own aspirations and interests.
    - Assign the Health Triangle/Goal-Setting worksheet as homework or provide time to complete it in-class.
- B. Introduction to Canva/PowerPoint and Vision Board Brainstorming (Day 1 Continued)**
- Instruct students to access Canva or PowerPoint on their computers or tablets. Provide a brief tutorial on how to use the software, highlighting essential features such as adding images, text, and shapes.
  - Alternatively, if computers or tablets are not available, distribute art supplies and allow students to brainstorm and sketch their vision boards on paper.
  - Assign each student to create three separate sections on their vision board representing the physical, mental/emotional, and social aspects of the Health Triangle.
  - Instruct students to brainstorm and collect images, quotes, and symbols that reflect their goals and aspirations for each component of the Health Triangle. Encourage creativity and personalization.
- C. Creating the Online Vision Board (Day 2)**
- Guide students through the process of creating their online vision boards using Canva or PowerPoint. Alternatively, if students used paper for brainstorming, instruct them to transfer their ideas to the digital platform.
  - Encourage students to arrange their images, quotes, and symbols in visually appealing ways that represent their goals and aspirations.
  - Provide support and assistance as needed while students work on their vision boards.
  - As students complete their vision boards, allow them to share their creations with the class. Encourage them to explain the symbolism behind their choices and discuss how their goals align with the Health Triangle components.

**Assessment:**

- Monitor students' engagement and participation during class discussions and activities.
- Assess the creativity and thoughtfulness displayed in the students' vision boards.
- Evaluate students' ability to articulate their goals and aspirations related to the Health Triangle components during class presentations.

**Extension:**

1. Encourage students to periodically review their vision boards throughout the school year to track their progress and make necessary adjustments.
  2. Consider hosting a gallery walk where students can showcase their vision boards to their peers and other grade levels.
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3. Discuss the importance of resilience and perseverance in achieving health-related goals and encourage students to support and motivate each other in their journeys.
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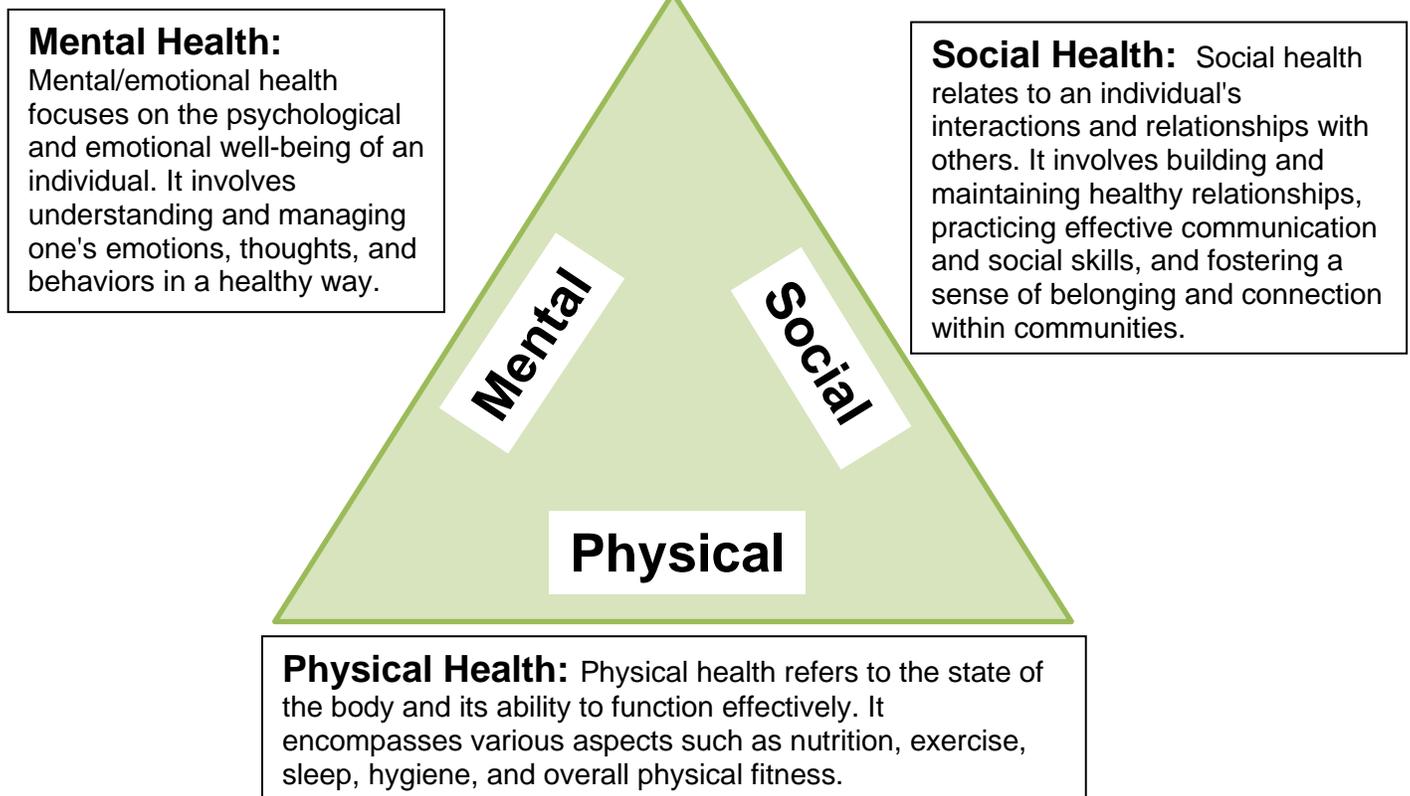
## Health Triangle

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The Health Triangle is a visual representation of the three key components of overall health: physical, mental/emotional, and social health. It illustrates the interconnectedness of these components and emphasizes the importance of maintaining a balance between them to achieve optimal well-being. For example, engaging in regular physical activity can boost mental/emotional well-being by reducing stress and improving mood. Similarly, having strong social connections and support systems can contribute to better physical and mental health outcomes.

The goal of the Health Triangle is to encourage individuals to prioritize and nurture all three components of health in their lives. By striving for balance and addressing each aspect, individuals can enhance their overall well-being and lead healthier, happier lives.



Reflect on your current habits and lifestyle and set 1-2 goals for each component of the Health Triangle.

- **Physical:**
  
  - **Mental/Emotional:**
  
  - **Social:**
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