

ACHIEVE

Brought to you by Juniata College and our
Huntingdon County Community Partners



ADVANCING



COMMUNITY



HEALTH



INNOVATION

THROUGH



EDUCATION



VISION

AND



EMPOWERMENT

Physical Wellness Closing Activity: Mind Map

Time: 10 minutes

Purpose: To assess students' knowledge of physical wellness.

Materials:

- Blank pieces of paper (2 per student)
- Colored pencils/pens/markers

Prep:

- Pass out paper and several colored writing utensils to each student.

Procedure:

- Have students write "Physical Wellness" in the center of the first piece of paper and circle it.
- Ask them to brainstorm and record different ways someone could positively impact their physical health.
- Repeat the activity on the second piece of paper, but ask students to instead write things that could negatively impact their physical health.
- Have the students color-code their mind maps to more easily see the differences between the positive and the negative (i.e. have anything related to eating in blue, exercising in yellow, smoking in red, etc.)

Debrief/Reflect:

- Have the students share both positive and negative things that can impact physical health.
- Have the students explain how each of the specific things they wrote down affect those elements of physical health.

Name: _____

Physical Wellness
Ways I can POSITIVELY
impact my physical
health



Physical Wellness

Ways I can
NEGATIVELY impact my
physical health