

## Div 1 Health

This week, you can continue to work on your Emotional Health Project.

Below you will find digital copies of the Emotional Health Challenge Project. You all should have access to the work you have already started in Health on the One Drive.

If you have any questions, please email either Alan and Kafi and you can expect a timely response.

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kbeckles@theparkersschool.org

Reminder: We are on day 17 of the project to "Change a Habit". We are going for 30 days so do your best to continue monitoring your progress.

## **The Reflection—30 day challenge project**

For this project, you chose one habit that you wanted to add or subtract from your daily routine in order to improve or maintain your personal health. Now, you should reflect on how this process of change went for you. Please write a letter to your Wellness teacher that responds to the following reflective questions. Please **type** at least **two or three sentences** for each question, in a letter format, and sign your name at the end!

Due date: 3/23-3/26

1. Define emotional health in your own words (2-3 sentences)
2. What is stress in your own words.
3. What is anxiety in your own words.
4. What are some ways to reduce or cope with stress and anxiety?
5. What is depression in your own words.

6. Why did you choose the 30-Day challenge that you picked?
  
7. \*How does this habit link to overall emotional health?
  - Give your own opinion in your own words.
  - Then, cite at least one **CURRENT RESEARCH** study/article about your habit, giving two facts, statistics or quotes from the study
  
8. If you could do this over again, what would you do differently? How successful did you feel?
  
9. What did you learn about changing habits during this unit?

(See rubric on next page)

Name \_\_\_\_\_

## *The Behavior Change Project*

Process:

\_\_\_\_\_ The reflection is typed and 1-2 pages

\_\_\_\_\_ Your work is in complete sentences, spell-checked, and grammar-checked

\_\_\_\_\_ Assessment is handed in on time \_\_\_\_\_

<b>Linking your change to emotional health</b>	You give little details or specifics about how your habit links to emotional health and/or you do not cite current research.	You give some information about how your habit links to emotional health and you mention current research, but do not give specifics.	You clearly link your habit and emotional health. You cite a current research study and give one piece of information from that study—statistics, etc. to support your claim	_ _ _ _ _ _ _ _ _  B    A    M
<b>Defining Emotional Health, Stress, Anxiety, Depression</b>	Your definition of emotional health, stress, anxiety, depression is unclear, lacks detail, is not specific or is missing.	Your definitions include personal beliefs and clearly states at least one aspect of emotional health.	You clearly define emotional health, stress, anxiety, depression and/or what it means to be emotionally healthy. Your definitions are specific and includes details.	_ _ _ _ _ _ _ _ _  B    A    M
<b>Identifying the habit, the cue, the reward and the routine</b>	You include basic information about the behavior you wanted to change. You included very little details about cue, routine and reward.	You include some details and specifics about the behavior. You included some details about the cue, routine, and reward.	Your description of the behavior you wanted to change offers details You included specific details about the cue, routine and reward and how you used these tools to create a new habit.	_ _ _ _ _ _ _ _ _  B    A    M
<b>Reflection</b>	Your final letter is brief and includes minimal amounts of reflection.	Your letter includes some information your progress towards this change, what you would do differently, and what you learned.	Your reflection is thoughtful and detailed, and includes information about how successful you felt, what you would do differently, and what you learned.	_ _ _ _ _ _ _ _ _  B    A    M

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**B**

**A**

**M**

Comments: