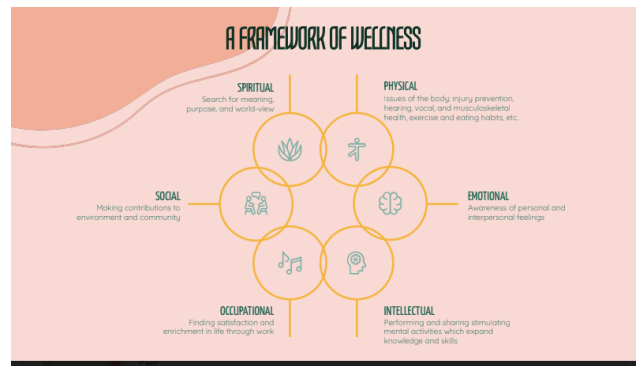


# Student Wellness

**ItWellness is an active, holistic, and multidimensional process of self-awareness combined with the balance and integration of healthy choices within one's particular environment**

*Choose three (3) artworks from the ones you've created in class. Before we present them to everyone, we'll prepare an Artist's Statement. When we're done, we'll paste our artworks on the wall and share our statements with the class.*



Occupational

Physical

Social

Emotional

Intellectual

Spiritual

<b>Name</b>
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<b>Date</b>
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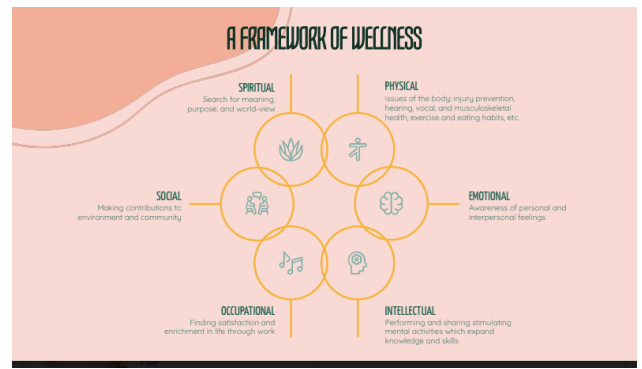
<b>Section</b>
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<b>Score</b>
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# Student Wellness

**Wellness is an active, holistic, and multidimensional process of self-awareness combined with the balance and integration of healthy choices within one's particular environment**

Using the definition provided, list examples of ways this form of wellness can be expressed.



## EMOTIONAL - Awareness of personal and interpersonal feelings


## Spiritual Wellness - Search for meaning, purpose, and world-view


## Social - Making contributions to environment and community


## Physical Wellness - Issues of the body: injury prevention, hearing, vocal, and musculoskeletal health, exercise and eating habits, etc.


## OCCUPATIONAL - Finding satisfaction and enrichment in life through work


## INTELLECTUAL - Performing and sharing stimulating mental activities which expand knowledge and skills


Name

Date