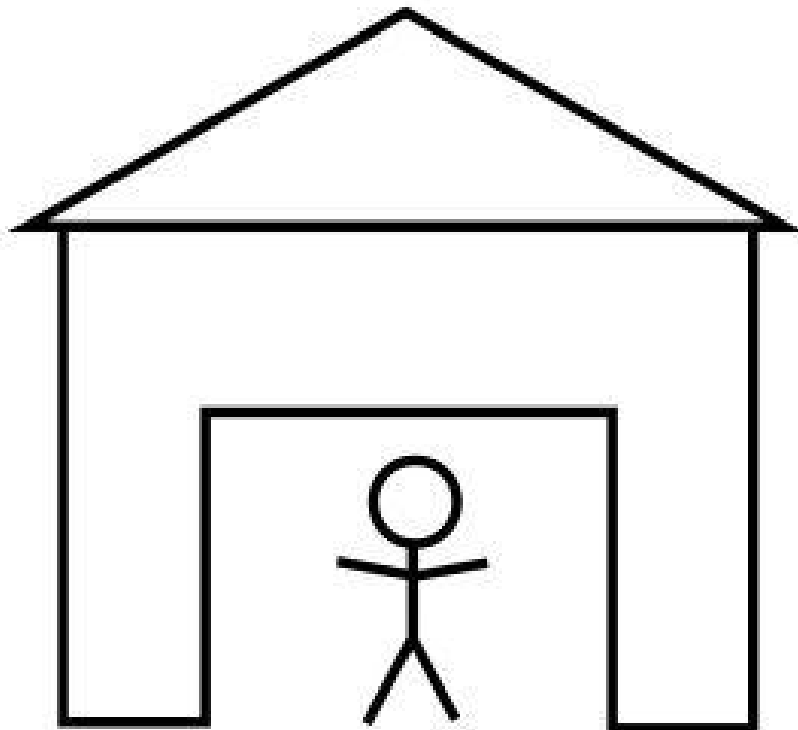


**Can you copy the image below  
without ever lifting your pen  
from the paper?  
( it *is* possible! )**



Draw an equilateral triangle in the middle of the page.

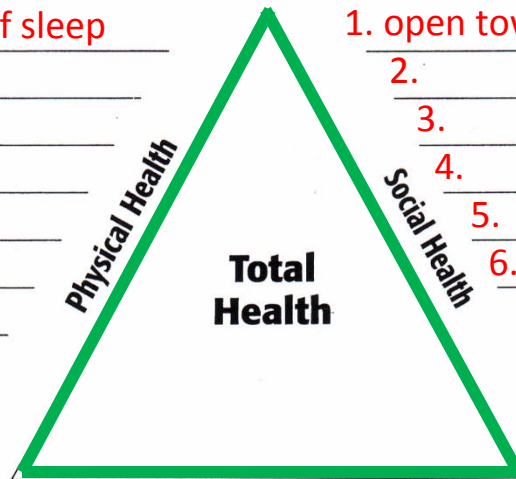
Label the sides based on the Health Triangle

1. getting plenty of sleep

- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

1. open toward other people

- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_



**Mental/Emotional Health**

1. take action to reach goals

- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

eat right

get plenty sleep

exercise

brush teeth

see doctor

use safety gear

relate to people

build strong

relationships

be friendly

open to others

encouraging

help others reach

goals

show you care

solve problems

handle daily events

see new way of doing

things

face challenges positively

patient with yourself

reach your goals

know we all make

mistakes

keep promises

make healthy choices

take responsibility for

your actions

feel in control

accept others