Senior High Health: Wellness Project

Wellness Wheel Project

Consider your dimensions of health, the controllable factors that contribute to your wellness, and the influences in your life. Create a collage that reflects how you will achieve wellness, reaching your highest potential in each of the six dimensions of health. Illustrate specific choices, behaviors, values, skills, and goals in each dimension of health that demonstrates your ability to achieve wellness in your future.

\_\_\_\_\_ 5 A wellness wheel is neatly created on the computer. The

Wheel has six equal portions labeled for each dimension of health:

physical, emotional, social, intellectual, environmental, and spiritual.

\_\_\_\_\_ 10 Pictures that show how you will achieve physical health are displayed in

the physical health area of your wellness wheel. At least **five** illustrations

are included.

Pictures that show how you will achieve emotional health are displayed

\_\_\_\_\_ 10 in the emotional health area of your wellness wheel. At least **five**

illustrations are included.

\_\_\_\_\_ 10 Pictures that show how you will achieve social health are displayed in the

social health area of your wellness wheel. At least **five** illustrations are

included.

\_\_\_\_\_ 10 Pictures that show how you will achieve intellectual health are displayed in

the intellectual health area of your wellness wheel. At least **five**

illustrations are included.

\_\_\_\_\_ 10 Pictures that show how you will achieve environmental health are

displayed in the environmental health area of your wellness wheel. At

least **five** illustrations are included.

\_\_\_\_\_ 10 Pictures that show how you will achieve spiritual health are displayed in

the spiritual health area of your wellness wheel. At least **five** illustrations

are included.

\_\_\_\_\_ 10 All of the pictures of the wellness wheel are clearly labeled with a

description of who or what each picture represents and

\_\_\_\_\_ 10 All of the pictures of the wellness wheel are clearly labeled with a

description of what factor affecting health status it represents.

\_\_\_\_\_ 15 The wellness wheel is neat, legible, and creatively organized on the paper.

\_\_\_\_\_ 100 Total Points