



## Student Activity Guide

### Activity #2: Wheel of Life

#### Activity Overview

To maintain good health, everyone needs to make sure they have a good balance of healthy food, work, play, healthy relationships, and exercise in their lives. In this activity, students apply their learning from Lesson 2 to create a “Wheel of Life.” Each slice of the circle represents a different aspect of good health and balance.

#### Content Areas

Life Sciences and Health Education

#### Activity Duration

45 minutes

#### Objectives

Students will:

- Identify factors that lead to healthy lives
- Make decisions about health priorities
- Analyze how balance in their lives relates to their personal health

#### Materials

- Wheel of Life Directions (one per student or group, depending on )
- Large paper plates (one per student)
- Small paper plates (one per student)
- Paper fasteners (one per student)
- Markers, colored pens or pencils, or crayons
- Ruler (one per student)
- Stickers, sticky notes, or adhesive labels



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### Procedure




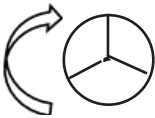


1. Begin by asking students to share what they learned in Lesson #2 about making decisions to maintain health and wellness.
2. Ask, "Do you ever have days or weeks where you have to spend too much time doing one thing and not enough time on the things that make you feel happy? Maybe you have a special program at your place of worship and you have to spend a lot of time there rehearsing. Maybe you have a project due and you waited too long to do it. Now you have to spend every afternoon working on it. Or, maybe your team is in the finals and you have to practice every day this week after school."
3. Share a personal example, such as, "I know when I have a lot of papers to grade and report cards to write, I spend a lot of time on it and I miss doing some of the things that are more fun to do! I feel out of balance and unhappy, especially if I put it off until the last minute."
4. Explain to students that, in this activity, they will be applying what they learned to create a Wheel of Life that represents the areas of their lives that are important to them. The wheel will help them create a balance of healthy choices around people and activities they love.
5. Distribute the Wheel of Life directions to students. Read the directions aloud and allow time for students to work. Circulate to offer help and answer questions where needed.
6. Once students have completed their wheels, have them spin the small plate to assign days to each activity. Ask students, "How might using this wheel help you stay healthy and balanced?" Remind students that the use of their wheels is optional, but it may help them remember to spend some time each day doing something that makes them feel happy and balanced.
7. Allow time for students to share their wheels with each other, compare them, and discuss their reasoning for their selections.

***Cristina Shares: Family Wheel*** Invite students to sit with family members to share their Wheels of Life and discuss together the ways family members are spending their time. Discuss what priorities are creating this focus and whether they are happy about the way things are going. How might they want to change that balance?



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### Wheel of Life Activity Directions

<p>1. Use a ruler to find the center of your large paper plate. Using your pencil, carefully poke a small hole in the center of the plate.</p>	
<p>2. Use your ruler to draw a straight line from the hole to the edge of the paper plate.</p>	
<p>3. Next, use your ruler to draw two straight lines from the hole to the edges so that you create a Y. Try to draw your lines so that you create three equal parts!</p>	
<p>4. Slowly spin your paper plate until so it looks like this:</p>	
<p>5. Use your ruler to do the whole thing again! Draw a straight line from the hole to the edge of the paper plate, continuing your straight line .</p>	
<p>6. Next, use your ruler to draw two straight lines from the hole to the edges so that you create a Y. Try to draw your lines so that you create three equal parts. Now you have 6 equal sections!</p>	
<p>7. Each section represents one area of your life. Think about creating a healthy balance in your life. What is most important in helping you stay healthy and balanced? Pick 6. Below are some suggestions:</p> <ul style="list-style-type: none"> <li>• Family</li> <li>• Education</li> <li>• Community (place of worship, club, class or team)</li> <li>• Health and exercise</li> <li>• Friends</li> <li>• Fun (playing, reading, watching television, going to the movies, going outdoors)</li> <li>• Food</li> <li>• Rest</li> </ul>	



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8. Write your selections on your wheel – one on each wedge.
9. Follow the directions 1-6 to divide your small paper plate. Try to get the lines on your small paper plate to line up with the lines on your large paper plate!
10. On your smaller paper plate, write six of the days of the week. Whatever day you leave off is your “free” day when you may choose to do any of your healthy balance activities!
11. Fasten the two plates together with the smaller plate on top of the larger plate. If there is enough time, decorate your wheel!
12. Each week, rotate your Wheel of Life to help you remember to do at least one healthy balance activity every day.