

Health and wellness worksheets for students pdf



EMOTIONAL WELLNESS	SPIRITUAL WELLNESS	PHYSICAL WELLNESS.
<p>Do you have a healthy relationship?</p> <p>Are you aware of your feelings?</p> <p>You know your strengths and are working to improve more.</p> <p>You have a positive self-image.</p> <p>You are assertive.</p>	<p>a healthy relationship with nature.</p> <p>Helping others.</p> <p>Accepting others.</p> <p>Time for yourself and nature,</p> <p>Searching for meaning in your life.</p>	<p>You exercise</p> <p>You are comfortable with your body</p> <p>You eat healthily</p> <p>You get a good night's sleep</p> <p>You have healthy habits</p>
ENVIRONMENTAL WELLNESS	INTELLECTUAL WELLNESS	SOCIAL WELLNESS
<p>You spend time outside</p> <p>You are environmentally aware</p> <p>You know how to recycle</p> <p>You know the impact of humans on the</p>	<p>You have creative abilities</p> <p>You are a learner</p> <p>Focus on new skills learning</p> <p>You try to solve problems</p>	<p>You take part in social events</p> <p>You have a social circle</p> <p>You have good communication skills</p> <p>You know how to interact</p>

environment.

You have a positive
self-image

with others.