Decision-Making Activity

Using the Health Triangle

Directions: Read each situation. Select one and answer the questions in the spaces provided.

Situation A

Juan loves playing tennis. Sometimes he plays tennis instead of meeting with his friends. Last week he played tennis after school until his mom came and got him for dinner. He was very tired in school the next day. Juan has skipped doing his homework twice this week.

Situation B

Sonya is worried about her science project. She was supposed to start it two weeks ago and it is due in five days. She is so worried that she cannot sleep. She is too tired to pay attention in class. Her stomach feels queasy, and she doesn’t want to eat.

1. Which situation did you select? Which part of the health triangle is a problem for this person? ___________________________________________

2. Describe the situation this person is in. ___________________________________________

3. What are some possible choices for this person? Explain how changing one part of the triangle can help the other parts.
   a. ___________________________________________
   b. ___________________________________________

4. What is the possible outcome of each choice?
   a. ___________________________________________
   b. ___________________________________________

5. Consider your values. What decision do you think should be made? Why? ___________________________________________

6. Describe what action this person should take to follow through with this decision. ___________________________________________

7. How will this person know whether he or she has made a good decision? ___________________________________________
Reteaching Activity

Balancing Your Health

The three sides of the health triangle are physical health, mental/emotional health, and social health. When your life is in balance, all three sides of the triangle are about the same size. When your life is out of balance, one of the sides is probably shorter than the others.

Directions: Create health triangles for the people below. The triangles will have a short side if the person is struggling with one of their health types.

1. Clare does not like to eat vegetables or exercise. She never goes to bed before 11:00 p.m. on school nights. She has some good friends and seems happy.

2. Parker has been feeling sad ever since his dog Jake died a month ago. Jake was as old as Parker, and Parker had known Jake his whole life. Parker can’t seem to stop feeling sad.

3. Becky likes to play soccer. She eats healthful foods and always gets enough sleep. She feels happy but does not understand why her friends are so whiny sometimes. When one of them has a problem, they want her to listen and be sympathetic. She tries to listen, but she’d rather be playing soccer.