DEFINITIONS OF PERSONAL WELLNESS DOMAINS

**Wellness** is a state of being which includes the physical, social, emotional, intellectual and spiritual dimensions of life, which, when working in harmony, lead to a sense of well-being and satisfaction.

**Physical** includes physical activity, healthy diet, adequate sleep and other good health habits.

**Social** emphasizes the interdependence one shares with other people and with nature.

Emotional reflects the degree to which one feels positive and enthusiastic about one‘s self and life. Intellectual reflects the degree to which one engages the mind in creative and stimulating mental activities that contribute to lifelong learning.

**Spiritual** reflects one‘s ongoing involvement in seeking purpose and meaning in life, guided by values that have been developed through family and life lessons. As a spiritual person, one is in harmony with nature and all its creations.

WELLNESS WHEEL ACTIVITY Objective: To have students assess their personal wellness. To have students set goals for improving areas of their wellness which need enhancement. Each student will complete a wellness wheel in grades 6,7, and 8. This activity is to be placed in the ―Linking to the Future Career and Educational Portfolio Planning‖ for comparison each year. Students will be able to assess their goals to determine if they have reached a healthy balance as determined by their wellness wheel.

Directions: Answer the following questions and score at the end of each section. Colour the section of the wheel with the appropriate score.

**Physical**

1. Physical I am active for at least 30-60 minutes a day. Yes\_\_\_ No\_\_\_
2. I eat fresh fruits and vegetables, and include fibre in my daily diet. Yes\_\_\_ No\_\_\_
3. I eat breakfast every morning. Yes\_\_\_ No\_\_\_
4. I drink at least 4-6 glasses of water a day. Yes\_\_\_ No\_\_\_
5. I get enough sleep so that I feel rested and alert. Yes\_\_\_ No\_\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_

Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_

Total \_\_\_\_\_\_\_

**2. Social**

I get along well with my family. Yes\_\_\_ No\_\_\_

I develop and maintain strong friendships. Yes\_\_\_ No\_\_\_

I help others in need. Yes\_\_\_ No\_\_\_

I have friends who support a positive lifestyle. Yes\_\_\_ No\_\_\_

My behaviour reflects a positive attitude. Yes\_\_\_ No\_\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_

Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_

Total \_\_\_\_\_\_\_

**3. Emotional**

I have a good sense of humour. Yes\_\_\_ No\_\_\_

My sleep is restful, I receive adequate sleep. Yes\_\_\_ No\_\_\_

I am able to express my feelings appropriately. Yes\_\_\_ No\_\_\_

I relax my body and mind without using drugs. Yes\_\_\_ No\_\_\_

I feel positive about myself. Yes\_\_\_ No\_\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_

Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_

Total \_\_\_\_\_\_\_

**4. Intellectual**

I am interested in learning new concepts and skills. Yes\_\_\_ No\_\_\_

I listen to radio, watch TV, read a newspaper to be aware of current events.\_\_ yes \_\_\_ NO

I read 6 or more books a year. Yes\_\_\_ No\_\_\_

I am interested in understanding the views of others. Yes\_\_\_ No\_\_\_

I understand that I will be a lifelong learner. Yes\_\_\_ No\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_

Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_

Total \_\_\_\_\_\_\_

1. Spiritual

I spend time thinking, wondering or writing about my life and its meaning (prayer, meditation, journal writing). \_\_\_yes \_\_\_ NO

I am part of something greater than myself. I realize that my actions affect those around me as well as myself. \_\_\_ yes \_\_\_\_no

My beliefs demonstrate a respect for myself as well as others. Yes\_\_\_ No\_\_\_

I enjoy being outside and experiencing the wonders of nature (solitude, energy level, appealing to the senses). Yes\_\_\_\_\_ No\_\_\_\_\_

I am optimistic. Yes\_\_\_ No\_\_\_

Number of Yes responses \_\_\_\_\_ x2 = \_\_\_\_\_

Number of No responses \_\_\_\_\_ x0 = \_\_\_\_\_

Total \_\_\_\_\_\_\_

Goal setting :

Is your wellness wheel balanced? The goal is to be close to 10 in all domains of wellness. Are there areas of your wellness that need to improve? What area are you doing to try to improve on and how?