

# Wellness Assignment

## Part 1

Complete the Wellness Activity and answer the reflection questions posted on the assignment tab.

## Part 2

Construct a wellness statement that you can present at your capstone presentation. Think about what visuals you will use to support your statement and what important information you want to be sure to include. Consider the following options:

- Include a copy of a completed wellness graph and discuss strengths and challenges.
- Identify a wellness challenge that you feel comfortable talking about. Provide a visual prompt and a description of how you work around this challenge.
- Provide a visual prompt and discuss how your sense of well-being has grown or shifted throughout the course of high school.
- Include a copy of a completed wellness graph and talk about potential ways that you might expand specific areas.

## Curricular Connections- Well-being

### ***Well-being “Personal Awareness & Responsibility”***

*“Students who are personally aware and responsible recognize the factors that affect their holistic wellness and take increasing responsibility for caring for themselves. They keep themselves healthy and stay active, manage stress, and express a sense of personal well-being. They make choices that contribute to their safety in their communities, including their online communities and use of social media. They recognize their personal responsibility for their happiness and have strategies that help them find peace in challenging situations.”*

BC Ministry of Education, 2021

Part 2: Wellness Statement			
Emerging (2.5-3)	Development (3-3.5)	Proficient (4.0 - 4.5)	Extending (5.0)
Student is able to list some things that promote wellness.	Student is able to describe what contributes to their personal wellbeing.	Student is able to identify a variety of factors that impact their personal wellbeing.  Student is able to share some insight into their personal experience managing wellness.	Student is able to identify a variety of factors that impact their personal wellbeing.  Student is able to share insight into their personal experience managing wellness.

Part 1: Wellness Activity			
Emerging (2.5-3)	Development (3-3.5)	Proficient (4.0-4.5)	Extending (5.0)
Activity is mostly complete.  Responses to question is present but minimal.	All aspects of activity are complete.  Response to question is short but reflects data from chart.	All aspects of the activity are complete.  Response to question references data and provides some reflection.	All aspects of the activity are complete.  Response to question is detailed & reflective and provides reference data (or an alternate perspective that is detailed).