

The Health Triangle

- Target – **Describe** the Health triangle.
- **Opisać trójkąt zdrowia**



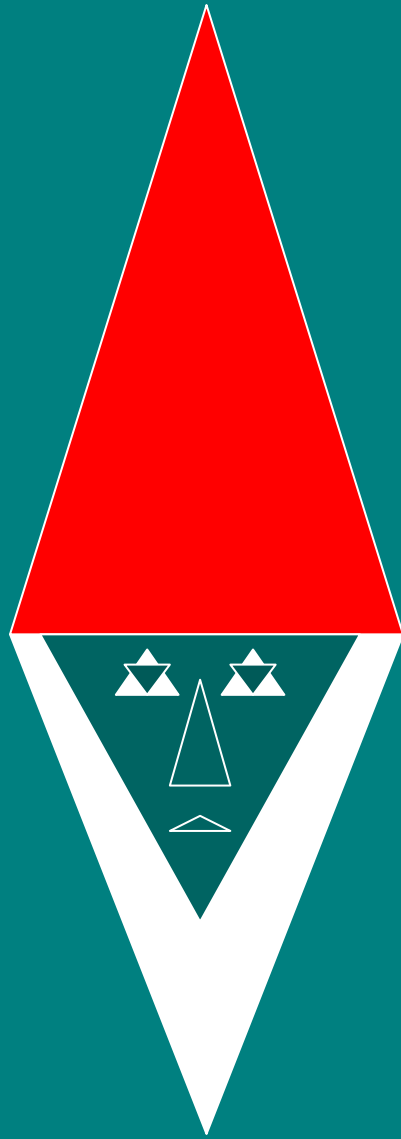
I can list 3 aspects of health and *give* examples of each



I can list 3 aspects of health and **sort** examples of each



I can list some aspects of health



The Elf Triangle

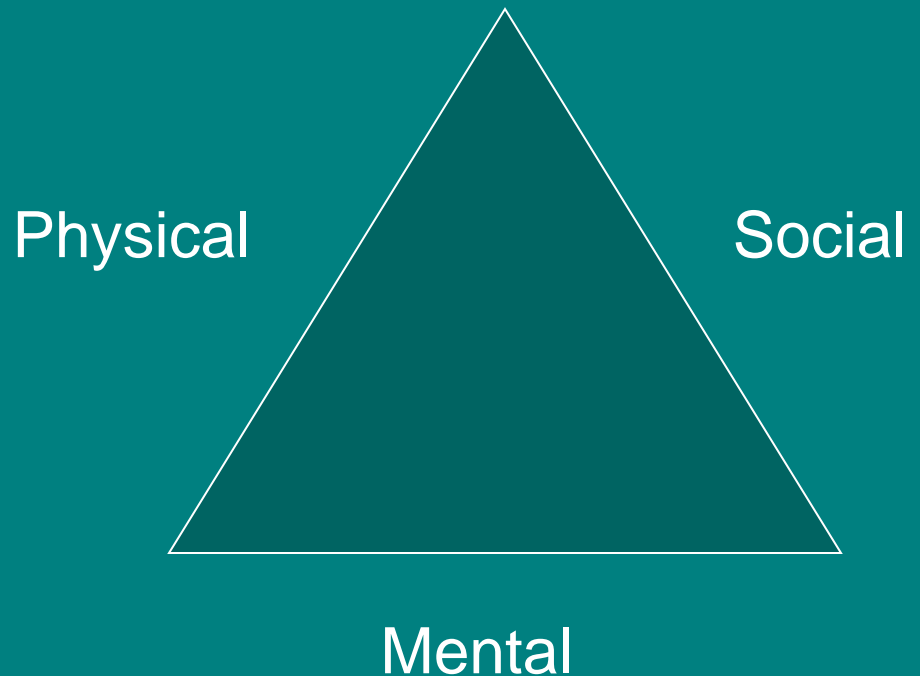
The meaning of health

- Health doesn't just mean **not being ill**.
- It means physical, mental and social **well being**.
- Zdrowie to nie tylko nie jest chora.
- Oznacza to fizycznego, psychicznego i społecznego dobrego samopoczucia.

- **Physical** health means the health of the **body**
- **Mental** health means the health of the **mind**.
- **Social** health means forming good **relationship**
- **zdrowia fizycznego oznacza zdrowie organizmu**
- **Zdrowie psychiczne oznacza zdrowie umysłu.**
- **zdrowia społeczna oznacza kształtowania dobrych relacji.s.**

If you take any of
these away - **the
triangle collapses**

**Jeśli wziąć
któregokolwiek z
nich z daleka -
trójkąt wali**



A healthy lifestyle - to stop the health triangle collapsing!

- A balanced **diet**
- Regular **exercise**
- Healthy **activities**
- Relaxation
- **Avoid harmful activities**
(smoking, binge drinking, drugs, sweets)
- Time **alone**, time **with others**

Recording –

In your jotters;

Title – The health triangle

1. Draw a **diagram** of the health triangle with the 3 sides **labelled**.

1. **Narysuj schemat trójkąta zdrowia z 3 stron oznakowanych.**

2. **Copy and complete –**

_____ health is keeping the body healthy.

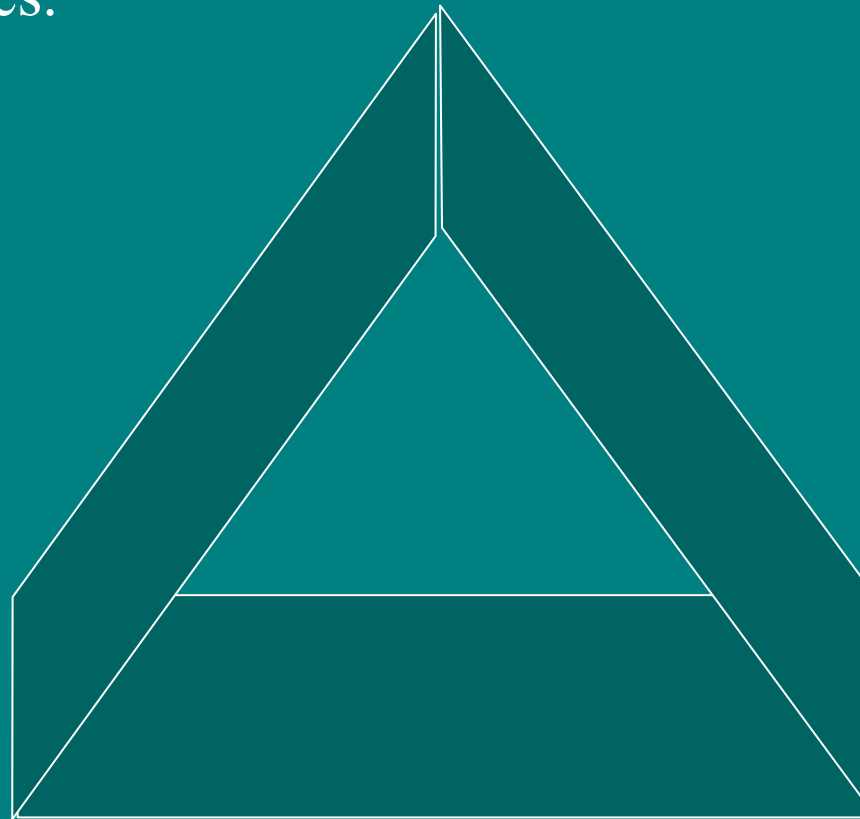
_____ health is keeping the mind healthy.

_____ health is forming good relationships.

Construct a dingly dangly health triangle

Build a Health triangle by stapling 3 strips of folded card together.

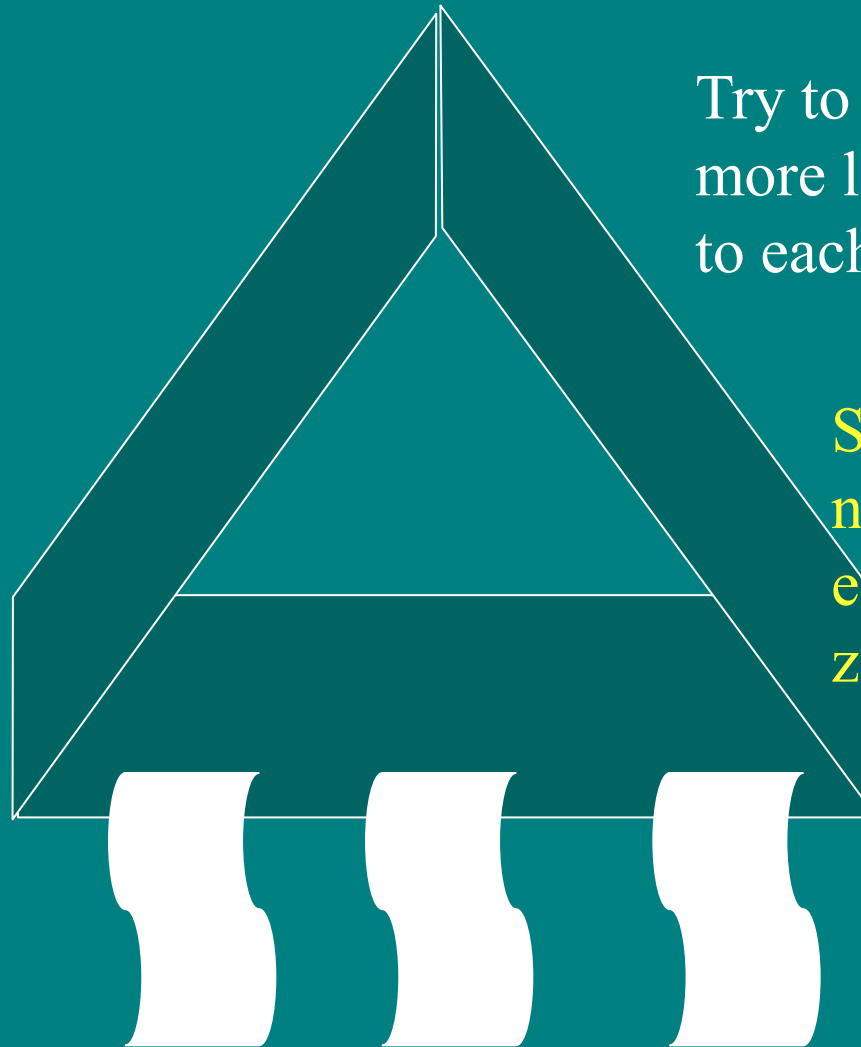
Label the sides.



Budowanie trójkąta zdrowia
poprzez zszywanie 3 paski złożonej
karcie razem.
Etykieta na boki.

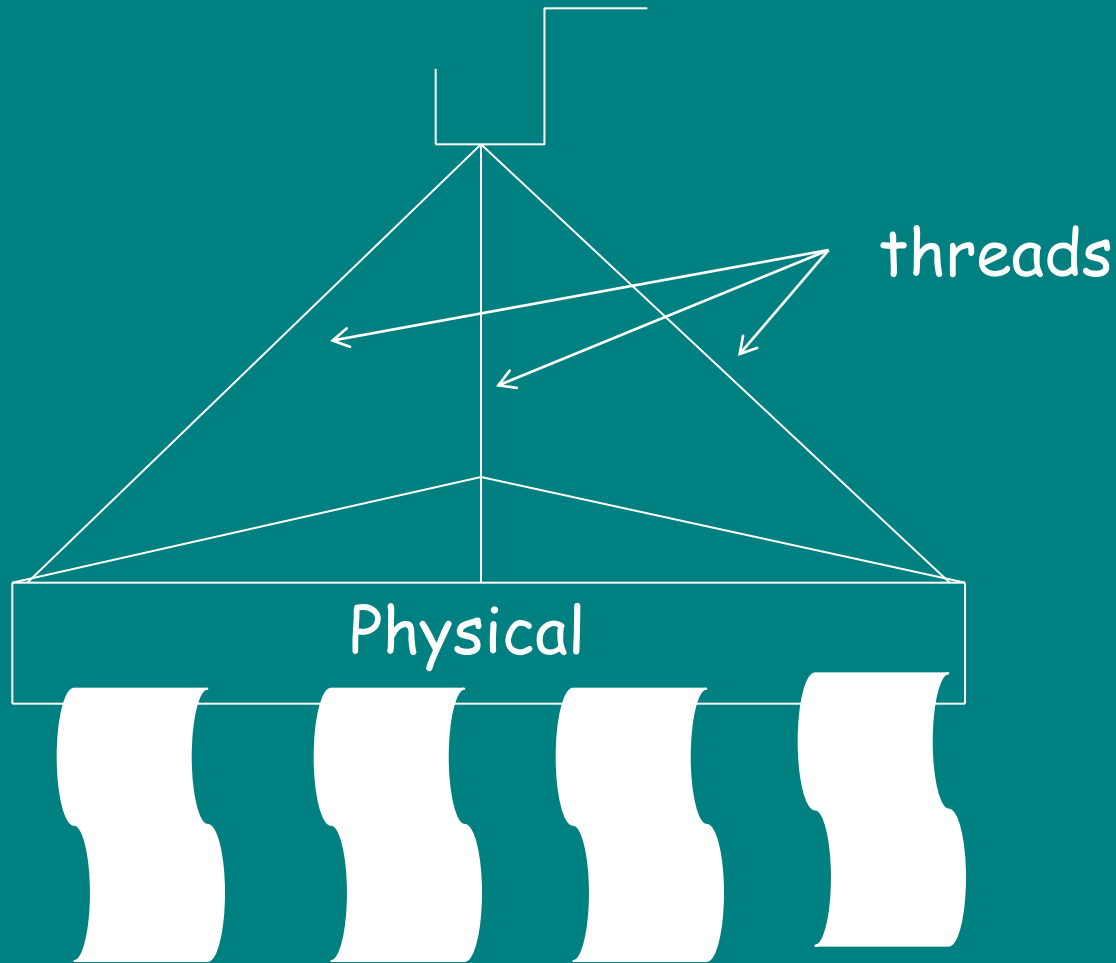
Cut out and stick the different **examples** onto the correct side of the triangle. Stick inside the triangle, by the ends, so they dangle. Make sure the writing faces out!

Wyciąć i przykleić różne przykłady na poprawnym boku trójkąta. Trzymać wewnątrz trójkąta, przez końce, więc zwisają. Upewnij się, że pisanie wychodzi na zewnątrz!



Try to add at least one more label **of your own** to each side.

Spróbuj dodać co najmniej jedną etykietę własnego z każdej strony.



Hang your completed Health triangle for all the world to marvel at.

Rest

Family

Balanced diet

Drinking water

Walking

Yoga

Cycling

Puzzles

Best friends

Water

Holidays

Sleep

Birthday parties

Hobbies

Hygiene

School

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I can list some aspects of health