

PHYSICAL MENTAL HEALTH

Much of what we do physically influences us mentally; it is important to pay attention to both our physical and mental health, which can help us achieve overall wellness.

PEPnonprofit's HEALTH unit is broken up into six parts, one lesson for each letter of the word HEALTH.

HABITS

ENERGY

ACTIVE

LIFESTYLE

TIME MANAGEMENT

HYDRATION

Establishing healthy habits, managing stress, staying active, being knowledgeable of what we put into our bodies, and eating healthy are important actions to take to improve our overall health and wellness.

Each lesson will have a physical and mental health component. Stories, video links, and discussion questions are inserted within each lesson. The lessons are written in a powerpoint format with teacher notes, links, and stories for each slide.



HABITS

In this lesson:

- Habits Definition
- Video Link
- Physical Health Section
- Eating a Healthy Diet
- Jay's Elite Construction *Story
- Rainbow A Day
- Video Link
- Mental Health Section
- Attitude Introduction
- The Three Pots *Story
- Video Link
- Conclusion

Jay's Elite Construction – A Story About Eating Habits

Jay's Elite Construction is known for building beautiful homes.

Jay's Elite Construction charge their clients a lot of money for their homes, because they only use the best materials. People know that if you get a house built from Jay, it will not be cheap, but it will last!

One day a family came into Jay' office and asked if he could build a house that looked just as good as all of his other homes, but cost less with cheaper materials. By using cheaper materials, like less expensive wood, cement, plumbing, and electrical wiring, the family wouldn't have to spend as much money when building their dream home.

Jay warned the family that he could build them a nice LOOKING home, but sooner or later, the cheaper materials would cause problems for the homeowners. He encouraged them to spend more know on better building materials to avoid problems in the future.

The family wanted to save money and only cared if the house LOOKED beautiful.

The family moved in and everything appeared perfect. Jay built them a home that looked just as amazing as the other homes, but was a lot cheaper. After a few years, the house still LOOKED perfect, but the quality of the poor building materials started to show. Things around the house stopped working. Electrical wires needed to be replaced. The plumbing had problems and someone had to come out to fix it on a regular basis. The kitchen cabinets were beginning to fall apart.

Since the home owners chose to go the cheap route in the beginning when they were building their house, they are forced now to spend a lot more money to repair and/or replace the problems of the cheap materials.

Kids are a lot like the house in the story. You look fine now and are probably very happy and feel healthy. However, just like the house built with the poor materials, if you are eating poorly, you will have health problems in the future.

Your body is the same as the house in the story! Your eyes, heart, muscles, organs, skin, and brain are all made from the building materials you put into your body...THE FOOD YOU EAT!

Your eating habits have a direct correlation on how you physically feel.

It is vital you find balance between healthy and unhealthy choices.

Clearly, the more healthy choices you make when it comes to your diet, the better off you will be. Does that mean you can never have a donut or slice of pizza? Of course not. Just be sure to balance what you put into your body. Here is an easy way to do it.

The Three Pots – A Story About Attitude

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. She saw the bad in just about everything and nothing seemed fair to her. The daughter viewed the world with a very bad attitude.

Her father took her to the kitchen. Without say a word, he filled three pots with water and placed each on a high fire.

Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked. "Daughter, what do you see?" "Potatoes, eggs and coffee," she hastily replied.

"Look closer", he said, "and touch the potatoes." She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently.

The potato went in strong, hard and stiff, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

The situation of the boiling water changed the potato and the egg, but the coffee beans changed the boiling water.

“Which one are you?” he asked his daughter. “When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?”