

Holistic Health

essential understanding

Students will explore different holistic health methods for developing a healthy body, mind and spirit.



overview

This course will explore the theme of holistic health and the exploration of how to be a healthy and balanced person physically, mentally, emotionally and spiritually. Students will explore the theme of holistic health through physical exercise, creative expression, group activities, meditation and interacting with nature.

Holistic Health

Guiding Question 1: How can you be healthy and balanced?

lessons

_____ Physical Health

_____ Mental Health

_____ Emotional Health

group work

Due date Every Wednesday

_____ **Daily Physical Exercise-** Each day of elective class students will participate in a physical exercise activity. Students must bring exercise clothes and dress for their physical exercise activity. Physical exercise will include activities such as hiking, yoga, aerobic exercise or group sports games.

Due date February 27 and March 13

_____ **Holistic Health Group Activity** - Groups will lead the class in a 10 – 15-minute holistic health activity. Suggestions for activities include physical exercise, meditation or a group game. Groups will choose an activity which is new to the class.

- a. Groups will research and present the effects, background and benefits of the activity
- b. Groups will lead the class in their chosen holistic health group activity.

individual work

Due date (check for completion every other week)

_____ **Meditation Journal-** Students will explore the theme of inner peace by participating in 15 minutes of a meditative activity each class period. For each meditative activity students will write a 3-6 sentence reflection of their experience with the meditation activity.

Due date February 13

_____ **Creative Arts Piece about nature experience-** Students will explore their relationship with nature through hiking and environmental stewardship activities. Students will create 2 different art pieces which represent their relationship with nature. Students will choose 2 different artistic mediums (ex. picture collage and song) and present their art pieces to the class. Students will be required to collaborate with another student on 1 of their art pieces.

Due date March 20

_____ **Healthy Eating Habits-** Students will choose or create a recipe for a healthy food item. We will make these recipes in class and share in a healthy meal. Students will share their recipes with the class and how their food item is healthy.

Due date March 27

_____ **Japanese Garden Field Trip-** Students will take a field trip to the Japanese Garden or another local park. Students will participate in the activities that will be presented on the field trip. Students will complete a 1-2 paragraph summary of their experience on the field trip and participating in the activities. Students may also complete their summary as a poem, collage or creative art piece.

assessment

Due date April 3

_____ **An example of positive health-** Students will choose a person or organization that they believe is an example of positive health and peacefulness. Students will present about their person or organization in an individual presentation.

Within their presentation students should address the following information:

- How is this person/organization an example of positive health?
- What has this organization done to help others/the world to be healthier?
- Biographical information about their example
- 1 activity/demonstration/art piece which helps the class understand their positive health example better.

Google Classroom Code

q5rwn45