

NAME: _____

DATE: _____

PERIOD: _____

Project #1: Intro to Health and Wellness Unit

For this project you will have two choices. You are to choose **ONE** of the following assignments. When you submit your project, please include the letter and title of your choice clearly on the project, and well as your name and specific class period. Review the rubrics on the back so you know how you will be graded on the project you are choosing to complete. I hope you enjoy introducing yourself to me in a creative way!

OPTION A: THE ROAD TO NOW (Illustration/Symbolism/Writing)

1. Illustrate the road you have traveled from birth until now including significant events that have shaped you into the person you are today. Considering your age, you should have **AT LEAST 15** events.

Examples of what to include:

- Birthday
 - Places you've lived
 - Places you've traveled to
 - Schools you've attended
 - Friends you've made along the way
 - Symbols, words, pictures
 - Attributes as a baby, child, tween, and teen
 - Milestones/Highlights of your life
 - Awards/accomplishments
 - When siblings were born
 - Encounters with role models/inspirational or transitional people in your life
 - "Rough Patches", "Obstacles", or "Roadblocks"
 - Turning points/changes in direction
 - The good, the bad, the pretty, and the ugly ☺
2. Also, include at least 5 of your future aspirations – college or post HS goals, career possibilities, travel/exploration, contributions to make to society, etc...
 3. Quotation/Inspiration: Somewhere on your project, you must include a quote or song lyrics related to change, transformation, growth, perseverance, etc... Give credit where credit is due please.

OPTION B. YOUR HEALTH TRIANGLE (Collage)

1. Create a collage (pictures/drawings/words) of your personal health triangle that includes at least 24 examples of health-promoting behaviors that **you** currently practice.
 - Ideally the 24 examples would be distributed evenly between the 3 dimensions of health, but this may not be the case for you. If you encounter that situation, include examples of what you could do to strengthen the "weaker" side(s).
2. For each dimension, include a quote or saying that relates to that specific dimension. (You should have a total of 3 quotes, and should give credit where credit is due please.)