

Boys of Summer 2020 Virtual Session
Mental & Personal Well Being

Wellness Wheel – Keep track of how you are taking care of your mental health, including each section of wellness. At the end of the unit, you will write a detailed reflection of your progress.

Physical	Mental	Emotional	Spiritual
Preferred activities:	Preferred activities:	Preferred activities:	Preferred activities:
Dates I did this type of activity:	Dates I did this type of activity:	Dates I did this type of activity:	Dates I did this type of activity:

Mental Health Learnings

What I Knew and Wondered Before the Lessons:

**Want to Reflect More?
OPTIONS FOR PROJECT:**

Pamphlet – Create an information brochure to share important information about mental health.	Mind Map – Like our identity map, a large brainstorm detailing important information about mental health.	Video – Create your own video of a PSA (Public Service Announcement) detailing important information about mental health.	Bulletin Board – Create a bulletin board to share important information about mental health with the school.
--	--	--	---

BRAIN DUMP – Record notes from lessons here!