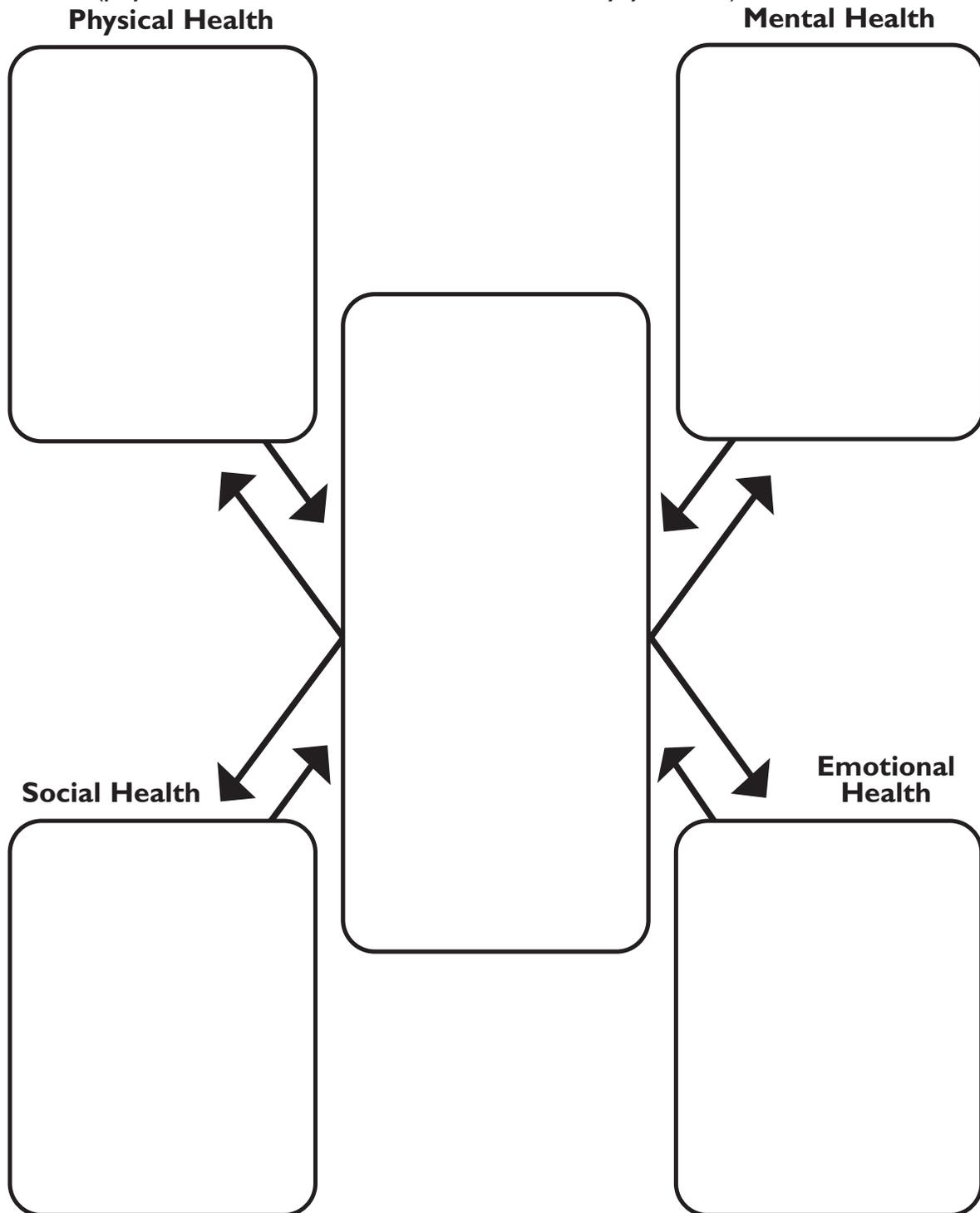


HEALTH • DIMENSIONS of HEALTH



DIRECTIONS: Many factors determine a person's health or wellness. Use newspapers to identify people and ways to maintain or improve their health in the four dimensions listed below. In the center block describe the relationships of each aspect of health (physical, mental, emotional, social and any you add) to the others.



FOLLOW-UP: Are there other health-promoting or risk-reduction examples in the newspaper? Explain your findings and determine how someone can improve or maintain good health, drawing on examples from the newspaper. List three ways to use the information for improving your own health.

HEALTH • DIFFERENT FACES of EMOTION



DIRECTIONS: Cut out faces from newspapers to match these emotions. Look throughout the paper and include news pages, advertising and comics.

Sad



Angry



Happy



Hopeful



Surprised



Confused



Guilty



Frightened



Frustrated



Anxious



FOLLOW-UP: Cut out and paste words from the newspaper that you associate with the emotions.

HEALTH • DEALING with FEELINGS



DIRECTIONS: Using the comics, news stories or advice columns, locate examples of ways people deal with, express and communicate their feelings. Fill in the chart below, checking off each method as constructive (C) or destructive (D).

Name of Comic Strip Or Headline	Feeling (s) Being Dealt With	C	D

FOLLOW-UP: If people in the news dealt with feelings in a destructive manner, give constructive alternatives.

HEALTH • COPING with STRESS



DIRECTIONS: Select a newspaper story describing an ineffective or dangerous method by which a person has attempted to cope with emotional stress. Describe the situation which caused the stress and the emotions(s) involved in the arrowed shape below. In the box below the arrow, describe the unsuccessful coping method and why it was unsatisfactory. In the boxes on the far left and right, offer two alternative methods of coping which the person might have used.

Situation Causing Stress:

Alternative Method of Coping #1

Alternative Method of Coping #2

Unsuccessful Method of Coping:

FOLLOW-UP: Did negative thoughts make the situation worse? How might positive thoughts and resulting feelings and actions have made the situation better?

HEALTH • VIRTUE or VICE



DIRECTIONS: Read newspaper stories about people exemplifying virtues (heroism, kindness, etc.) and vices (fighting, burglary, etc.) In the chart below, list the virtue or vice exemplified and offer reasons, including mental health, family background, environmental factors and financial pressures, that can affect behavior and the choices that people make.

News Story Headline	Virtue Exemplified	OR Vice Exemplified	Cause (s) of Behavior

HEALTH • WANTS and NEEDS



DIRECTIONS: Select a newspaper story about someone in need. Based on the story, answer the questions below:

<p>WHAT do they need?</p>	<p>WHO needs help?</p>	<p>WHERE are the people who need help?</p>
<p>WHEN do they need it?</p>	<p>WHY do they need it?</p>	<p>HOW can they get help?</p>

FOLLOW-UP: Why is the need you identified a need and not a want? How do you know the difference? Is the need a physiological, safety, love, self-esteem and/or self-actualization need?



DIRECTION: A friend is someone to whom you are attached by affection and esteem, according to the dictionary. Friends often share hobbies and a network of acquaintances. Here is a definition that raises the standard for friendship: "Friends in the highest sense of the word are those who make conscientious efforts to take ethics and personal character seriously and inspire each other to be better—in thought, in action, in life." (Russell Gough, *Character is Destiny*, September 1998)

GOOD FRIENDS

1. Find a comic, column or story in the newspaper that involves friends.
 - a. What do they share?
 - b. How do they influence each other?
 - c. Do they inspire each other to be better—in thought, in action, in life? Explain.

A FRIEND with a PROBLEM

2. Find a newspaper story about someone with a problem.
 - a. Who has the problem and what is it?
 - b. How might a true friend step in to help this person?
 - c. How might a friend's response be different from a trained counselor's or Dear Abby?

A FRIEND in TROUBLE

3. Find a newspaper story about someone in trouble.
 - a. What poor decision did this person make?
 - b. Who or what might have influenced him or her?
 - c. How might a friend help this person make better choices, to be better in thought, in action and in life?

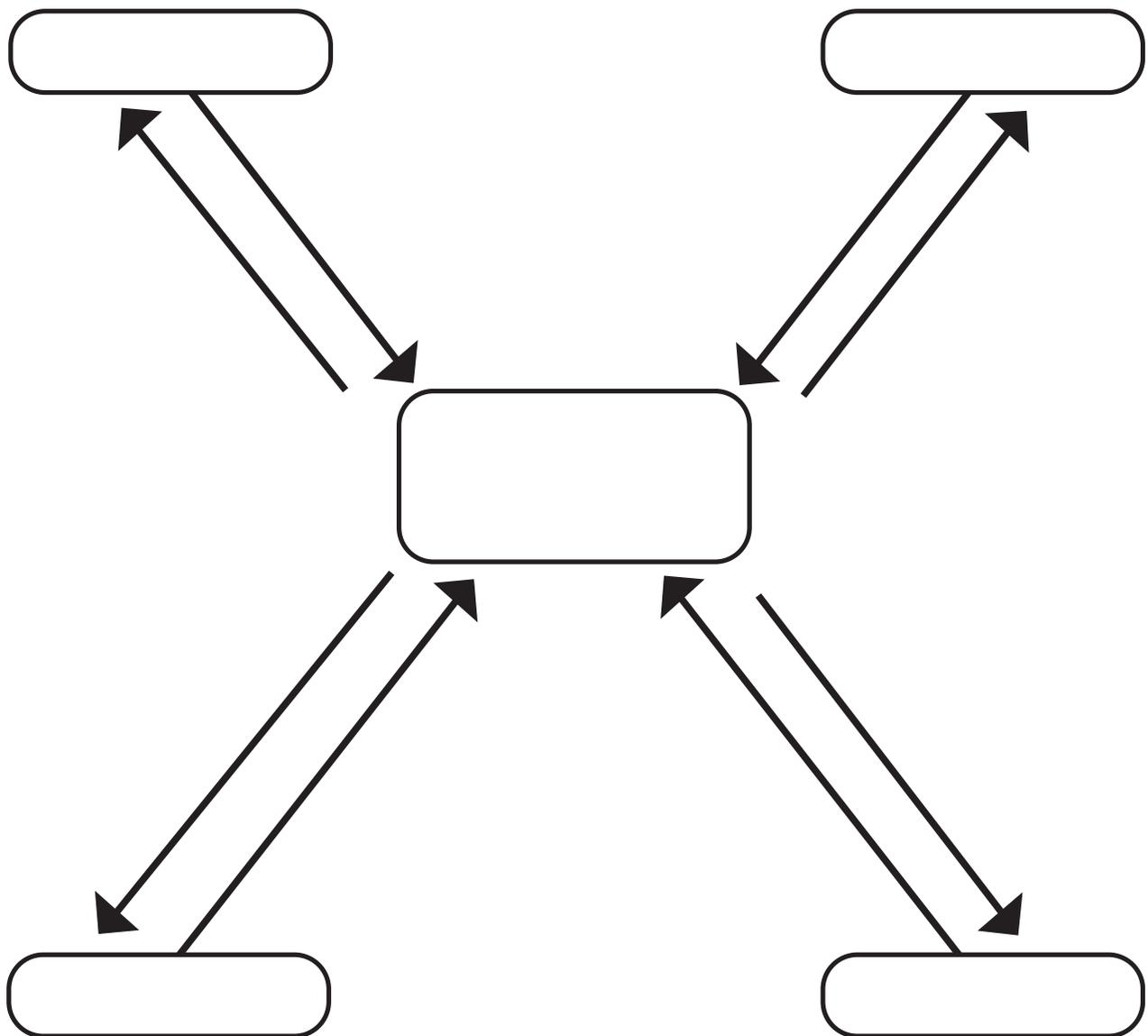


DIRECTIONS: In reading the newspaper, identify an event that should not have happened or that you and others wish had not happened. List causes of the event in order of occurrence; at each step, think of ways that someone might have intervened to keep the event from taking place.

How Someone May Have Intervened or Prevention Measures that Should Have Been Taken	Events in Order of Occurrence
	1. _____ _____
	2. _____ _____
	3. _____ _____
	4. _____ _____
	5. _____ _____



DIRECTIONS: Study the family relationships in the comics. Identify the main character in a comic strip and put his and her name in the center of the rectangle. Write the names of secondary characters and the relationship to the main character in the outside rectangles. Write how the main character feels about each character and how the secondary characters feel about the main character on the appropriate lines. Support your ideas with specifics from the strips. Discuss the traits that help or would help the characters get along despite conflicts and disagreements, enhance the characters' relationships and improve chances for conflict resolution.



FOLLOW-UP: Explore other stories and columns in the newspaper that deal with family relationships. Advice columns often write about conflicts within families. Adapt the above graph to record what you read. Discuss better and worse ways of dealing with conflict.

HEALTH • DEFENSE MECHANISMS



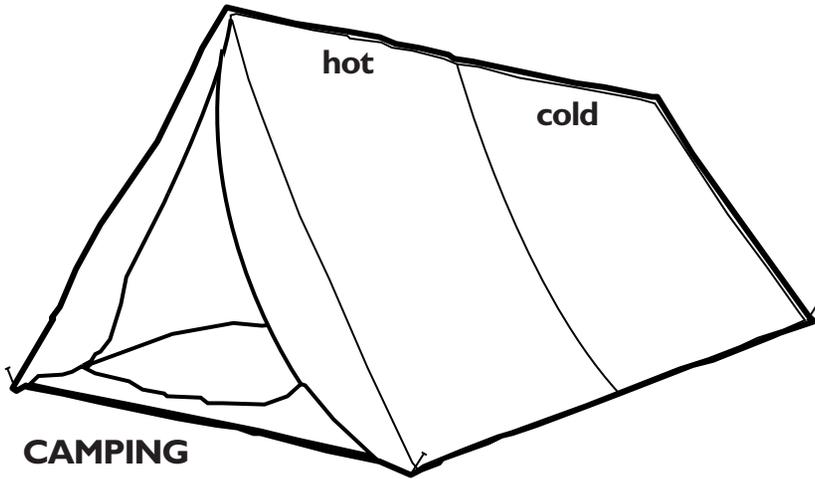
DIRECTIONS: Choose three comic strip characters and/or real persons from the newspaper and follow what they do. Identify ways that the characters or persons use defense mechanisms, such as rationalization, projection, displacement, compensation, daydreaming, regression and denial.

Name of Comic Strip Character or Real Person	Defense Mechanism(s)	Way(s) Defense Mechanisms Were Used

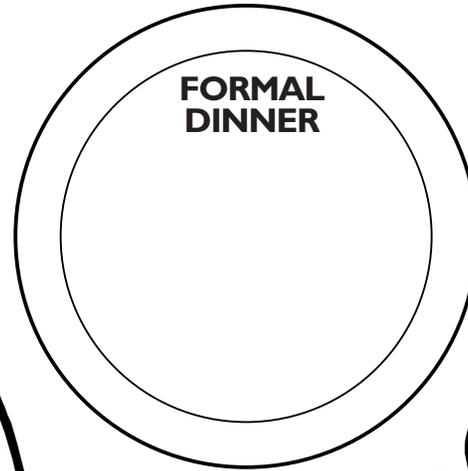
NOTE: This is a difficult activity. You and your classmates may disagree about the defense mechanisms. Prepare for a lively discussion.

HEALTH • FOOD for ALL OCCASIONS

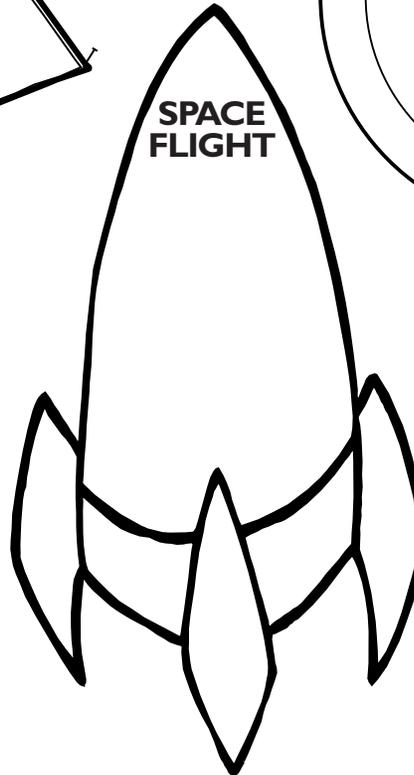
DIRECTIONS: Choose appropriate foods from newspaper grocery ads for each activity: camping on a cold day or on a hot day; going on a space flight, having a formal dinner, going to the beach, having a party. Compute the cost of purchasing the food and be prepared to give reasons for your choices.



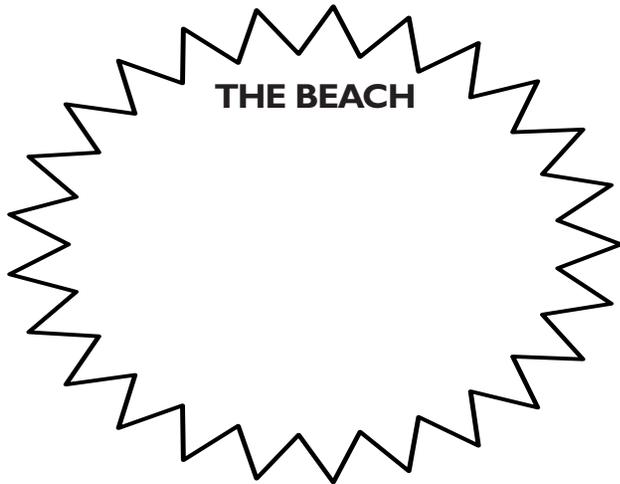
CAMPING



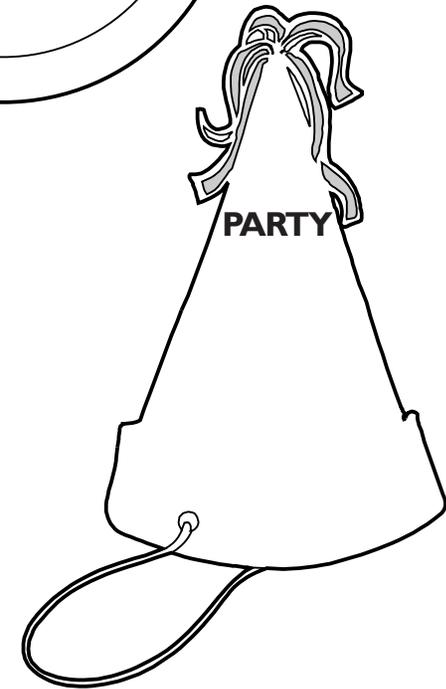
FORMAL DINNER



SPACE FLIGHT



THE BEACH



PARTY



HEALTH • IMPACT of SMOKING and TOBACCO



DIRECTIONS: Read the newspaper for news related to smoking and tobacco (or alcohol, if directed to by your teacher). After defining the terms used below, organize information you find in the newspaper showing the impact of smoking in relation to the headings:

Headlines or Main Ideas

Economic	
Political	
Legal	
Social	
Physical / Mental Health	

FOLLOW-UP: Use the outline to write a paper about the impact of smoking and tobacco (or alcohol). Save the stories by tearing out and filing the entire page where you find the stories. Create a bibliography to show which articles you use for your research paper.

HEALTH • SPORTS I ENJOY (and OTHERS I DON'T)



DIRECTIONS: Choose sports and other physical activities from the newspaper that fall in the following categories:

Sports or physical activities
I enjoy

Sports or physical activities
I don't enjoy as much

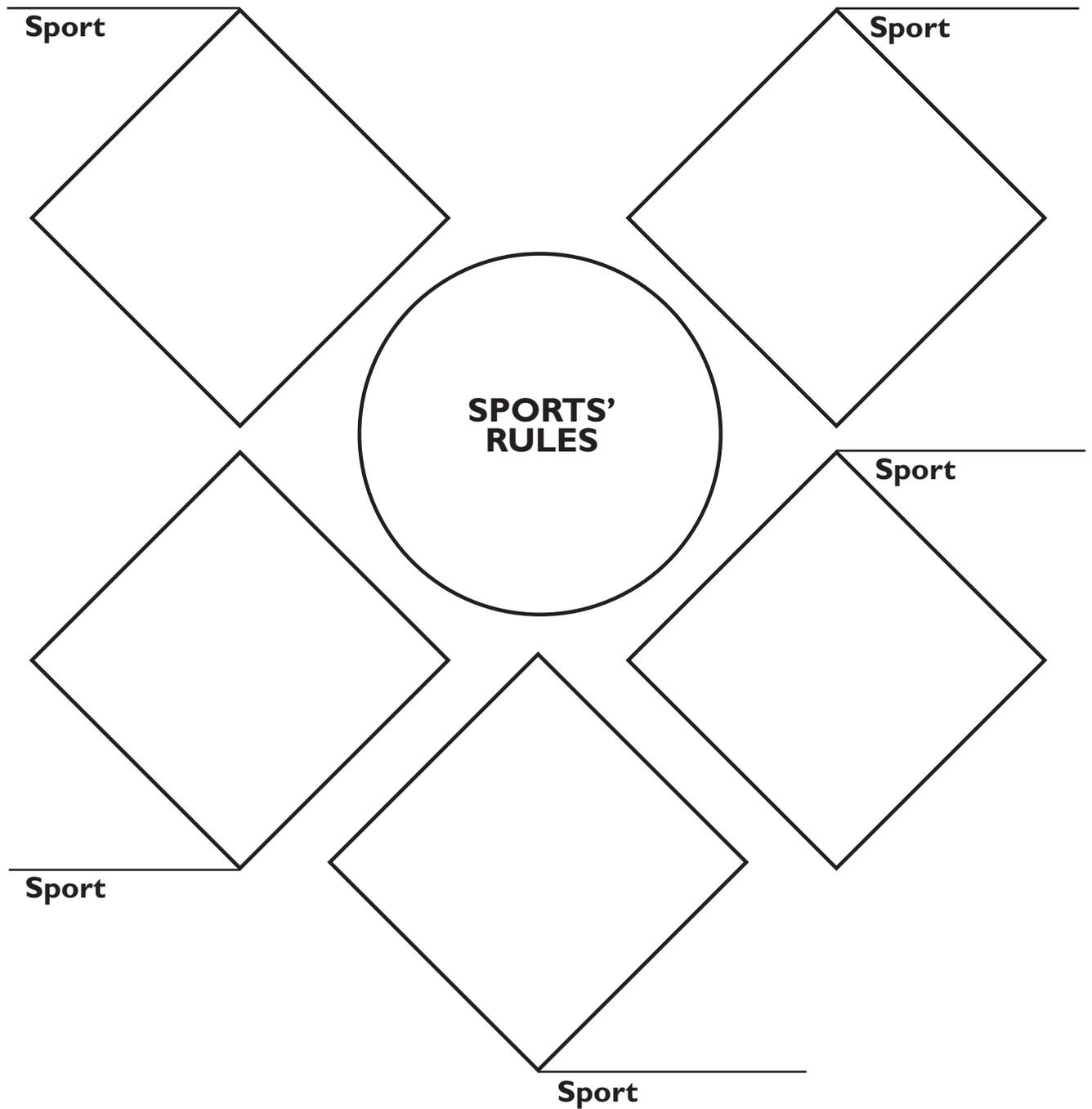
Rate the sports and activities on a scale from 1 to 5. Number "1" should be assigned to sports you enjoy the most and "5" to the sports and activities you enjoy the least.

Sports or activities	Enjoy					Don't enjoy				
	1	2	3	4	5					
	1	2	3	4	5					
	1	2	3	4	5					
	1	2	3	4	5					
	1	2	3	4	5					
	1	2	3	4	5					

FOLLOW-UP: Compare your choices with classmates, compile and graph results. Which are the most popular sports and activities? Why?



DIRECTIONS: Games require rules. On the outside diamonds, from the Sports section, list all of the rules mentioned in stories and the sports to which they apply.



FOLLOW-UP: On separate paper, in each sport, explain what would happen if the rules did not exist.

HEALTH • GOOD SPORTSMANSHIP



DIRECTIONS: Read sports pages for examples of good and bad sportsmanship. Write Good Sportsmanship in the center square and write the examples in the four large squares. Be sure to name the person and what he or she said or did. Do the same for Lack of Sportsmanship. Read to find out if the good and bad sportsmanship resulted from reactions to a person's winning or losing.

FOLLOW-UP: When athletes exhibit poor sportsmanship, does the behavior affect your view of that person? How? Do you think that professional athletes influence school athletes? If pro athletes act badly, does their behavior cause young athletes to do the same?

Is there a professional athlete who serves as your role model? In what ways is that person a model for you? Do you think he or she is a good choice? Explain.