

Wellness Wheel Activity

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The Wellness Wheel represents a person's life and their total well-being. It works like this: Each wedge represents one element of your life (a.k.a. the dimensions of wellness) Use the inner rings of the wheel to rate yourself in each dimension of health as either low, healthy/average, or high (see below)

My Wellness Wheel Health Activity - Project School Wellness

You have this blank wheel in front of you, divided into six different wellness sections of your life: physical, financial, intellectual, emotional, social, and spiritual. Within each category, there are six different spaces to fill in, each belonging to a question that is already provided for you here.

Access Free Wellness Wheel Activity

The Wellness Wheel: A 10-Minute Exercise for More ...

It describes an experiential activity that involves walking individuals through an exercise that enables them to develop a clear map of their well-being by drawing it out on a “Well-Being Wheel”.

The Well-Being Wheel: An Experiential Activity ...

How does the Wellness Wheel work? Emotional wellness. It goes without saying that we are all different. Some people are just more emotional than others. Intellectual wellness. The human brain is a marvelous thing. It soaks up knowledge like a sponge, and whenever we learn... Financial wellness. This ...

The Wellness Wheel: A Better, Balanced Life - Declutter ...

Activity Instructions. Read each statement; Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving this; For example, question #1 is: “I eat a balanced nutritional diet”; If you feel you are doing this 100% of the time, color in all of section 1. If you do this 60% of the time, color 60% of the section. Complete this for all 36 sections of the wheel.

Balancing Your Wellness Wheel - Maryville, MO

Two Differences: 1. Financial vs Occupational. 2. Create Your Own. Activity Instructions. Read each statement. Fill in the corresponding section of the wheel to the degree you feel is accurate for you. For example: physical health has 6 examples.

Balancing Your Wellness Wheel - University of Kentucky

Next we move to talking more about the Wellness Wheel and what each of sections (physical, emotional, social and mental health) mean. BALANCE amongst the four sections of wheel is what we emphasize to our middle school students. We know middle schoolers are going through a lot of changes physically, mentally, emotionally and socially while their in middle school so teaching them how to keep their wheel rolling and balanced is so important.

Intro to Health/Wellness Wheel | Health and Happiness

The Wellness Wheel describes the integration of 7 important dimensions of wellness: emotional, environmental, intellectual, occupational, physical, social and spiritual. Remember that it is unrealistic for you to be improving in all of these 7 dimensions at the same time.

Wellness Wheel & Assessment | U Matter

The Self-Care Wheel identifies actions and activities to perform— or a set of conditions to be met—that contribute to the wellbeing of each of your dimensions and your overall wellness. For example, your spiritual dimension can be nurtured through yoga, self-forgiveness, and nature, while your psychological state will benefit from self-awareness , relaxation, and a focus on positive qualities.

Access Free Wellness Wheel Activity

A Look At The Self-Care Wheel: Templates, Worksheets and ...

Here are some of our favourite activities. We've used them a lot – both at work and in our own lives, since 2008. We hope they become favourites for you, too.

Activities - Wheel of Well-being

Wellness wheel activities can be a thoroughly positive use of your time because they cause you to really examine what's going on in your life—and how improving one area can have a truly beautiful impact on all the others! Are you a visual person who gains the most insight from hand-writing some of your thoughts?

Why is the Wellness Wheel Important? - 1AND1 Life

Goals - Wheel of Life My experience A MGHOW (Man Going His Own Way) by definition is a statement of self-ownership and a declaration that you alone have the right to decide what your goals in life will be, as opposed to having your goals dictated by others.

10+ Best Wellness Wheel images | wellness wheel, wellness ...

The Wellness Wheel helps provide a visual form of assessment. The client assesses how they feel they are doing in various aspects of life (social, spiritual, physical health, etc.) by coloring on a 1-5 scale. Teachers or counselors can then help clients find out what strengths they may be able to us.

Wellness Wheel Worksheets & Teaching Resources | TpT

The Wellness Wheel Worksheet gives people the tools to be able to know how to apply the Law of Attraction. The Worksheet for instance, teaches people how to see the things they have to offer, how to identify what they want, how to create, and how to let go. It also teaches people to focus on the Good in each day, because the Law of Attraction and the Law of Love are complementary.

Wellness Wheel Worksheet - SEM Esprit

Repeat for all 36 sections of the wheel. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 19 18 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36.
100 % 50. PHYSICAL (orange) SPIRITUAL (blue) L. EMOTIONAL (red) INTELLECTUAL (purple) L. Physical: Orange.

Instructions - UCI Center for Student Wellness and Health ...

A wellness wheel is a wellness model that represents eight dimensions of wellness: spiritual, emotional, intellectual, physical, social, environmental, financial, and occupational. 11 All of the 8 dimensions of a wellness wheel are necessary to have a balanced and happy life.

11

8 Dimensions of Wellness - Online Test and Worksheet - J ...

Access Free Wellness Wheel Activity

This wellness wheel activity only covers six of the dimensions of wellness: Intellectual, Physical, Social, Emotional, Spiritual, and Environmental. For this product, your students will use their self-assessment results and then measure and cut out their wellness wheel.

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