

Matthew Hammons Health Teacher Harlan County High School

Health

NTI Days 1-10 Health Journal Essay Entries

1 written page open response to the following topics. One page per NTI Day

Day 1: How does your daily health routine change on a snow day? Positive verses Negative.

Day 2: Define what Mental/Emotional Health means to you.

Day 3: What does the word Friendship mean to you, explain your role as well as what you look for in a friend.

Day4: Describe the last to time you felt like stress got the best of you. Use reflection to write a better response to that stressful situation that might prove more effective in the future.

Day 5: Reflect on a role model in your life and how that person has influenced you do more or be a better you.

Day 6: Analyze the pros and cons of social media.

Day 7: Ask yourself, do I think positively or negatively about this world. Or is it both? Explain your opinions are mostly negative, then describe a well thought out act or behavior that you yourself could do to make the world better.

Day 8: How do you want people to remember you?

Day 9: We use a Health Triangle Model with three components. Mental/Emotional, Social, and Physical. Chart out how you take care of yourself in all of these aspects and analyze whether or not you are well balanced in these Health areas.

Day 10: Do you have the capacity to change? Pick an area of your life that you truly feel needs attention. Some area of Health that you could do better in regards to. Now that you own it, and we all have something we can work on as a human being. What are you going to do about it?