



Health Triangle Connections Project

You are probably familiar with the images above indicating that overall health is a combination of many different aspects of your life. Your Physical Health, Social Health, and Mental/Emotional Health all play major roles in shaping our lives. Music also can play a role in shaping our lives. Music sparks memories, helps us relax, or can be like a mirror reflection of what we are going through during particular times in our lives. Music has a way of speaking to us. You will be creating a project that deals with all aspects of the health triangle as well as music. You will pick 1 song for each aspect of the Health Triangle. You will relate the song to experiences/thought/ideas you have in each area. In your reflection you will include the name and artist of the song as well as lyrics of your choice from that particular song.

Mental/Emotional Health: Mental and emotional health examines how a person thinks and feels and how he/she copes with everyday life, including how well he/she relates to others. A person with good emotional health is in touch with his feelings, expresses those feelings in an appropriate manner, enjoys learning, uses his/her mind to develop thinking skills, learns from his/her mistakes and accepts responsibility. In looking at a person's mental health, we need to consider relationships with friends and family as well as the way someone copes with their problems. Mental Health also includes your personality and your views of the world.

Physical Health: Physical health addresses the body's ability to function. Components include exercising regularly, eating a nutritious diet, getting enough sleep and rest, resisting harmful substances like alcohol and drugs, maintaining a healthy weight and practicing good hygiene. Even whether the person has regular checkups such as physical exams is considered an aspect of physical health. Family history can also play a role in one's physical health.

Social Health: A person's real-life social network is a crucial indicator of social health. It pertains to the ability to form positive and supportive relationships with peers. It also includes your romantic relationships, how you view them, how you interact within them. Social health measures the way a person reacts to people in their environment. To attain good social health, a person needs to communicate well, show respect, care for them self and others, both seek and lend support, have the ability to make and keep friends and know how to work or play cooperatively.

Rubric for Health Triangle Connections Project

***** SONGS MUST BE SCHOOL APPROPRIATE*****

This means "clean" versions of songs.

Requirement:	Points:	Teacher Comments:
Choosing <u>one</u> song for each portion of the Health Triangle: Social, Mental/Emotional, & Physical (2 points each)	/6	
Song Title & Artist (2 points each)	/6	
Complete lyrics included in final project (2 point each)	/6	
Connections: Explains connections between song lyrics and the chosen portion of the Health Triangle (5 points each-See scale below)	/15	

Total Points: /33

Connections Scoring Scale

1	2	3	4	5
Provides no comparison between song and the health triangle. Makes no connections.	Conveys a simple and vague understanding of the connections between song choice and the health triangle. Makes few and shallow connection.	Conveys basic understanding of the song and its relation to the health triangle. Clearly states connections but lacks elaboration on those connections.	Conveys a thorough understanding of the song and its relation to the health triangle. Makes valid and clear connections	Demonstrates an in-depth analysis of the song and its relation to the health triangle. Makes insightful connections.

After your project is complete you will be offered a 5pt extra credit opportunity. To earn the extra credit you will have the class listen to one of your songs. You will then read your connection to the class.