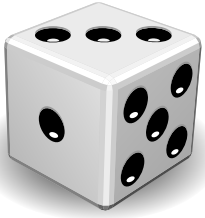
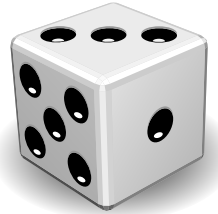


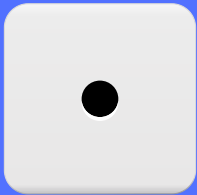
Dimensions of Wellness



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



What are some examples of activities or behaviors that promote physical wellness?



How can one build emotional resilience in their daily life?



Why is creating strong social connections important for overall well-being?



What are some strategies for continuous learning and intellectual growth?

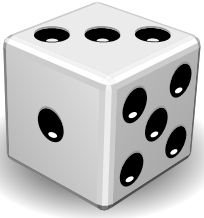


How can individuals find meaning in their work or chosen profession?

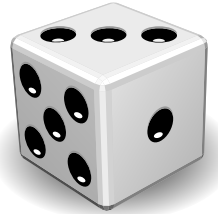


What practices or beliefs contribute to a sense of spiritual fulfillment and connection?

Functional Health Information



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



What are the main ideas of functional health info., and how are they different from what you usually hear about staying healthy?



How does learning about functional health help you make choices that keep you feeling good and healthy?



Why is it important to trust what experts say when you're learning about how to stay healthy, and how does that help everyone stay well?



How can you know if what you're reading or hearing about health is true and helpful when there's a lot of wrong information out there?



Can you give some examples of times when learning about functional health has helped people or whole groups of people feel better and be healthier?

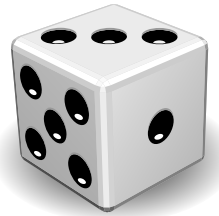


How can we make sure more people get good info about staying healthy, and what can we do to help everyone feel their best?

Analyzing Influences



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



How do the things you choose to do every day affect how healthy and happy you feel, and what can you do to make better choices?



Why is it important to have friends and people who care about you, and how do they help you stay healthy and feel good?



How can things around you, like where you live and how much money your family has, change how healthy you are?



How do the things you learn from your family and the people around you affect the choices you make about your health?

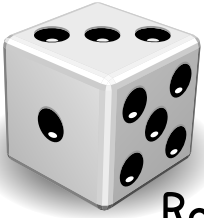


Can you think of times when what you see on TV or online has made you think about your health, and how can you decide if it's good advice?

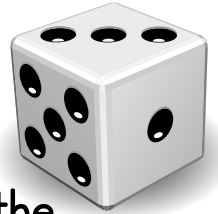


How can rules and decisions made by leaders and people in charge help everyone in the community be healthier and happier?

Accessing Information



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



What things should you think about when deciding if something you find online about health is true and helpful for you or your community?



How do doctors and scientists use facts and evidence to find out what's best for staying healthy, and can you give some examples of things they say are good for health?



How can you make sure that the health information you see on the internet is trustworthy?



Why is it important for different experts, like doctors, scientists, and other health workers, to work together to share good health advice that fits everyone's needs?

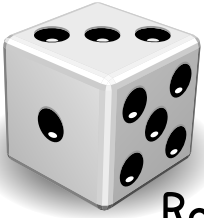


Can you share some tips for learning more about health so you can understand what's good for you and where to find the right information?

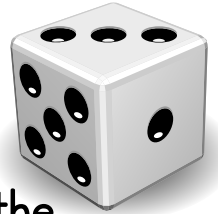


How can doctors and groups that help communities work together to make sure everyone, especially people who might have a harder time getting help, can find good health information and services?

Interpersonal Communication



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



How can talking with friends, family, and doctors help you stay healthy and support others to do the same?



How does having open and honest conversations about health make things better for everyone?



Why is it important to really listen when people talk about their health, and how does this help everyone feel good?



How can being clear and nice when you talk about health problems help fix any arguments or confusion?

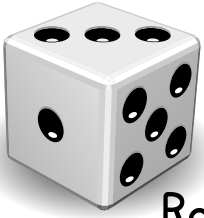


Can you think of ways to cheer on your friends and family to make healthy choices by talking to them nicely?

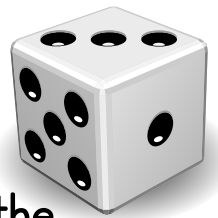


How can we use our words to help everyone feel good about themselves and understand each other better when we talk about health?

Decision Making



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



What are the main steps to making choices that help keep you and others healthy and happy?



How does looking at different choices and thinking about them help you make good decisions that are best for health and well-being?



Why is it important to think about both the good things and the possible problems that might happen when you make choices about health?



How can you make sure the decisions you make about health match up with what's most important to you and what you want for yourself?

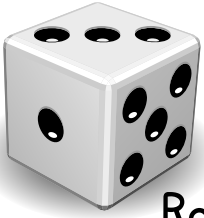


Can you give examples of using facts and what scientists know to help you decide what to do for your health, like which treatments might work best?

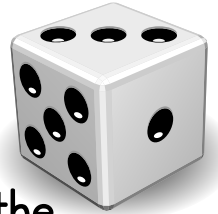


How can working together with doctors, family, and people in your community help everyone make better choices about health and feeling good?

Goal Setting



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



What are the main steps in setting goals to help yourself and others stay healthy and happy?



Why is it important to make goals that are clear, easy to measure, realistic, important, and have a deadline?



How can you decide which goals are most important for your health and well-being, both now and in the future?



Why is it helpful to keep track of how you're doing with your goals and be willing to change them if needed?

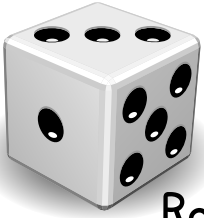


Can you give examples of simple ways to make goals that encourage you to be healthier and keep it up?

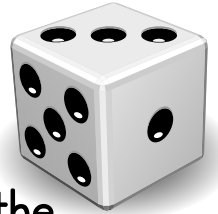


How can friends and family help you stick to your goals and make sure you're doing well?

Health Enhancing Behaviors



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



What are some things you can do every day to help you and your friends stay healthy and happy?



How does being nice and helping others with their health make everyone feel better?



What can make it difficult for people to stay healthy?



Can you think of ways to be careful and avoid things that might make you or others sick?

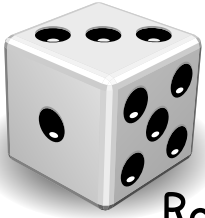


How can your personal actions contribute to the health of others?

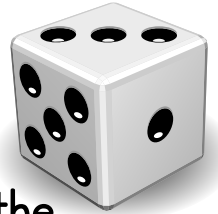


What can you do to get your friends and family excited about being healthy and making good choices together?

Advocacy



ROLL THE DICE



Roll the dice and according to the result, talk about the question you got with your groups!



Why is it important to speak up for health and well-being, and help others do the same?



How can you encourage your friends and family to make healthy choices and look after themselves?



Why should you stand up for things that help everyone stay healthy in your community or school?



Can you think of any health problems that need more attention or action, and what can you do about it?



How can you use your voice or actions to make things better for everyone's health and happiness?



How can working together with your friends make it easier to help others be healthier and happier?