**Planning 10 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Essential question: What is the current state of my wellbeing?**

**After completing “My Wellness Wheel”**pe01760_[1] **(10 pts) please answer the following questions (10 pts each). Be sure to answer all parts of the question. Answers should be in paragraph form and should be well thought out. This is your chance to show me what you have learned about your current state of wellbeing.**

**Question:**

1. a. What pictures/doodles did you draw in each area of your wheel? Why?

b. Are all of the areas of your wheel balanced?

**If yes-** why?

**If no-** why not? What area is the biggest? Smallest?

Pick TWO dimensions of emotional wellbeing and answer the following:

2) What is the current state of your \_\_\_\_\_\_\_\_\_\_\_\_\_wellbeing?

**Hint:** be sure to include: definition of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_wellness, examples from real life, one thing you would like to change about your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wellness, and how you will make this improvement.

3) What is the current state of your \_\_\_\_\_\_\_\_\_\_\_wellbeing?

**Hint:** be sure to include: definition of \_\_\_\_\_\_\_\_\_\_\_\_\_\_wellness, examples from real life, one thing you would like to change about your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_wellness, and how you will make this improvement.

**Staple your wheel, responses, and this rubric together to hand in.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Exceeding** | **Meeting** | **Approaching** | **Beginning** |
| **Analysis of Wellbeing  (Total of FOUR specific and detailed factors)** | Wrote TWO positive factors (specific and detailed) that affect the dimension (in black).  Wrote TWO negative factors (specific and detailed) that affect the dimension (in another colour). |  |  |  |
| **EIGHT Dimensions** | Clearly labelled all EIGHT dimensions. |  |  |  |
| **Doodles or Pictures** | Neatly done with the addition of reflective doodles/pictures. |  |  |  |
| **Dots** | Connected the dots of the wheel. |  |  |  |
| **Presentation and Creativity** | Poster is extremely neat and colorful  Poster presentation was well thought out, extremely clear and understandable. |  |  |  |