

Gear 3 Activities



1 Choose one activity:



Regulating for my Well-Being

10-15 Minutes – Individual

WHAT TO DO: Follow the directions on the *Regulating for My Well-Being* handout to think about a time you regulated your body.

MATERIALS NEEDED: *Regulating for My Well-Being* handout



Well-Being Collage

30-45 Minutes – Individual, Small Group, or Whole Group

WHAT TO DO:

1. Think about the definition of well-being: feeling well, healthy, comfortable, or successful.
2. Create a collage, drawing, or digital presentation of images to represent what well-being looks and feels like to you.

MATERIALS NEEDED:

- Access to digital or print images, magazines, or drawing materials.
- Paper and glue (for non-digital)



My Well-Being Team

10-15 Minutes – Individual

WHAT TO DO: Follow the directions on the *My Well-being Team* handout to name people on your well-being team.

MATERIALS NEEDED: *Well-Being Web* handout

2 Share and Reflect: Share your work with others.

Discuss:

- How are our regulation and well-being connected?
- If you had to make your own definition of 'well-being,' how would you describe it?



Regulating for My Well-Being

NAME _____

DATE _____

DIRECTIONS: Think about a time when your body felt uncomfortable. How did you regulate your body to feel better? Draw or write about that experience.

**Situation when my body
was uncomfortable.**

Example: *feeling too hot, too cold,
very hungry, etc.*



How my body felt after regulating.
(compared to before)



**Action I took to
regulate or feel better:**

My Well-Being Team



NAME _____

DATE _____

Who is on your well-being team?

DIRECTIONS:

Think of one or more people that support your well-being in each category and describe how. For example: "My aunt always makes me laugh when I'm having a hard day."

Family

School

Me
(your name)

Friends

Someone you look up to