

## Gear 3 Activities



### 1 Choose an 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 \_\_\_\_\_

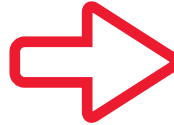
**DIRECTIONS:** Think about a time when your body felt uncomfortable. How did you regulate your body to feel better? Draw or write about that experience.

**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**

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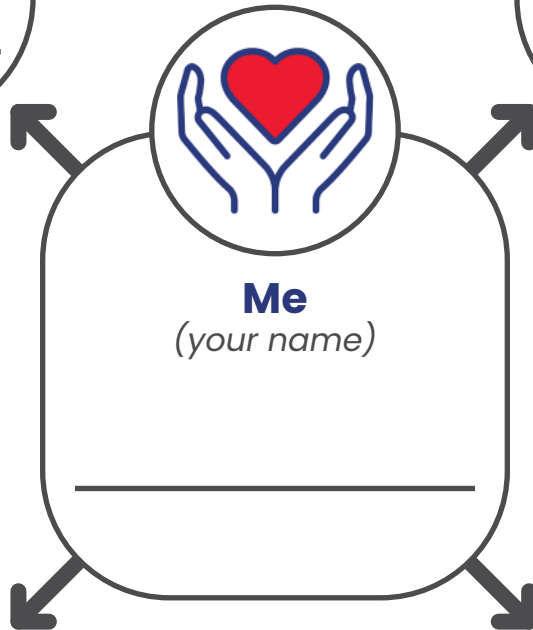
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**School**

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**Friends**

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**Someone else  
OR Someone you  
look up to:**

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