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.

*See example(s) for final project expectations.

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 themself 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 Assignment

*** SONGS MUST BE SCHOOL APPROPRIATE***

This means "clean" versions of songs.

Total Points: __30pts__

*Choosing 1 song for each portion of the Health Triangle: 2pts each song = 6pts

*Song Title and Artist: 2pt

*Choice Lyrics: 1pt

*Connections: Points are added to each song choice. : 5pts each is the Max Pts.

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<td>Demonstrates an in-depth analysis of the</td>
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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.
Here are 2 examples... you will be responsible for 3.

“Let Go”

-Frou Frou

So, let go, so let go
Jump in
Oh well, what you waiting for?
It’s alright
’Cause there’s beauty in the breakdown
So, let go, yeah let go
Just get in
Oh, it’s so amazing here
It’s all right
’Cause there’s beauty in the breakdown

(Mental/Emotional Health)

I have always been a worrier; it runs in my family I guess. I get nervous about the “what if’s” in life. What if I don’t do well, what if something goes wrong.... These feelings have never been overwhelming, but when it came to big decisions in my life, I have felt the anxiety creep in. I tried to find strength in songs such as Frou Frou’s Let Go. It was especially important songs throughout college as an attempt to take more risks. In my interpretation, to “let go” meant that I needed to let go of my fears. To push through the anxiety to reach my dreams and goals. This song also reassured me that it’s alright to make mistakes and that “there’s beauty in the breakdown”. As I have aged I have learned to keep my anxiety at bay... for the most part 😊 I have also learned that it is okay to be scared of things, it actually motivates me now. Also I have learned that there is a beauty when things don’t work out as planned. It makes us stronger and rich with experiences in the long run.

“Just the way you are”

-Bruno Mars

Oh you know, you know, you know
I’d never ask you to change
If perfect’s what you’re searching for
Then just stay the same
So don’t even bother asking if you look okay
You know I’ll say.

When I see your
There’s not a thing that I would change
’Cause you’re amazing
Just the way you

(Physical Health)

“Just the way you are” is an excellent song that relates to my idea of Physical Health. We live in a society that unfortunately places so much value on physical appearances. Eating disorders are claiming the lives of beautiful people each day. Americans spend millions of dollars on fad diets in an attempt to fit into an image that the majority of people were never meant to fit into. I understand eating healthy, having a low BMI, and getting exercise to get healthy, however I feel too much pressure is out there. Self-confidence should not be rooted in physical appearance. Bruno Mars states that there is “not a thing I would change” about the person he is with. He believes that they are amazing just the way they are. People need to believe that they are beautiful the way they are. Way to sing it Bruno!!!