



Health Education Ideas and Activities:24 Dimensions of Wellness

Roger Puza

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Health Education Ideas and Activities provides fresh, cost-effective, and multifaceted ways to teach health education at the middle and high school levels. Grounded in the real world and tested in classrooms, each lesson idea and teaching tool is ready to use with minimal preparation time.

Health Education Ideas and Activities includes 24 units and 139 lesson ideas spanning a variety of health and wellness topics such as resiliency, self-awareness, conflict resolution, self-esteem, yoga, and alternative healing.

You can use these materials to tailor your existing units and lessons to the changing needs of your students. You also can use the materials to reinforce or expand your existing physical education curriculum to drive home the importance of health. You'll be able to develop the health literacy of students in any class setting while meeting revised 2006 national standards for health education.

This resource is classroom developed and tested by a physical and health educator with more than 30 years of experience teaching at the middle and high school levels. Roger Puza understands that kids growing up in today's world face more health challenges than ever. The lesson ideas and activities in this book reach into their world and take hold, laying the groundwork for tomorrow's healthy, active adults.

Health Education Ideas and Activities contains these time-saving features:

- Specific, ready-to-use assessments for easily building accountability into your teaching
- Over 200 handouts and 20 tests
- A handy CD-ROM containing all the reproducibles for quick access
- A lesson idea finder for quickly locating the content you need

Health Education Ideas and Activities provides new and experienced educators with organized information on all dimensions of health—intellectual, physical, spiritual, emotional, and social. The book's comprehensive and multifaceted approach guarantees this will be one resource you'll go to time and again.

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