



**CONCEPT/DESCRIPTION:** In this activity, students will write, or draw their current concerns affecting their personal health status four (4) times throughout the course of a year (or semester) and analyze and discuss any changes.

**NATIONAL HEALTH EDUCATION STANDARD(S):** 6.8.1; 6.12.1

**OBJECTIVE:** Students will assess their personal health status by analyzing and comparing their mental/emotional health throughout the course of the term.

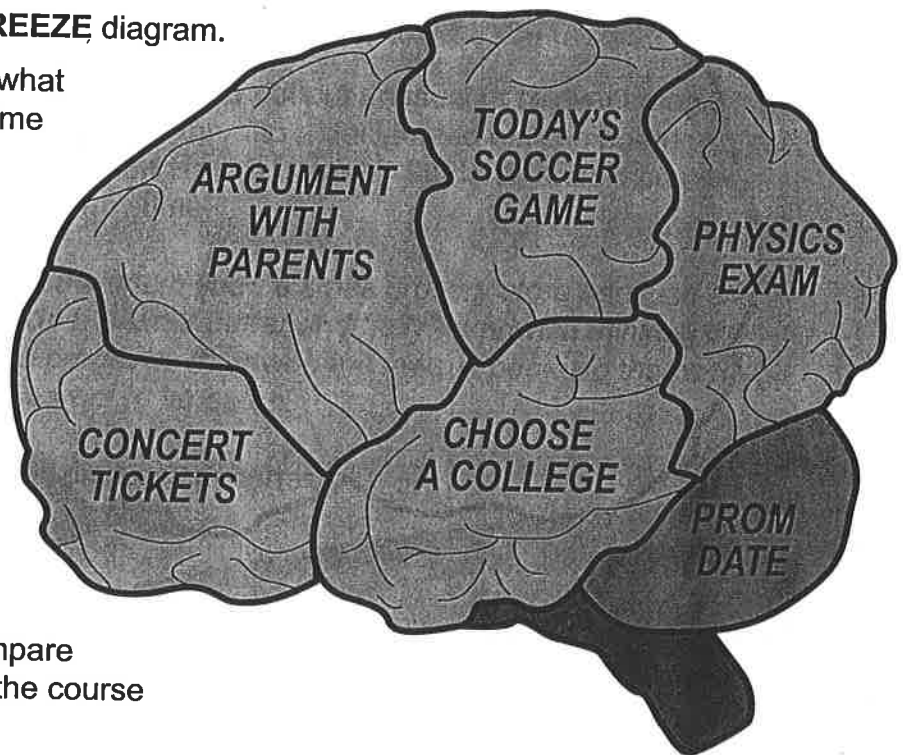
**MATERIALS:** One (1) **BRAIN FREEZE** diagram for each student; pens or pencils

**DIRECTIONS:**

1. Give each student a **BRAIN FREEZE** diagram.

2. Ask students to draw, or write, what is on their mind at the current time by placing words or pictures inside the brain outline. Have them allocate more space for the things that are taking up most of their thinking, and less space for the "smaller" things.

**NOTE:** Remind students to keep the diagrams appropriate.



3. Explain that students will be able to do this activity four (4) times and then analyze and compare their "state of mind" throughout the course of a year (or semester.)

4. At the bottom of each sheet, ask students to assess their mental/emotional health by writing a paragraph explaining their current state of mind. Collect and save the papers.

5. After the activity has been completed four (4) times, ask students to compare the four papers and discuss the changes they have seen.

6. Discuss:

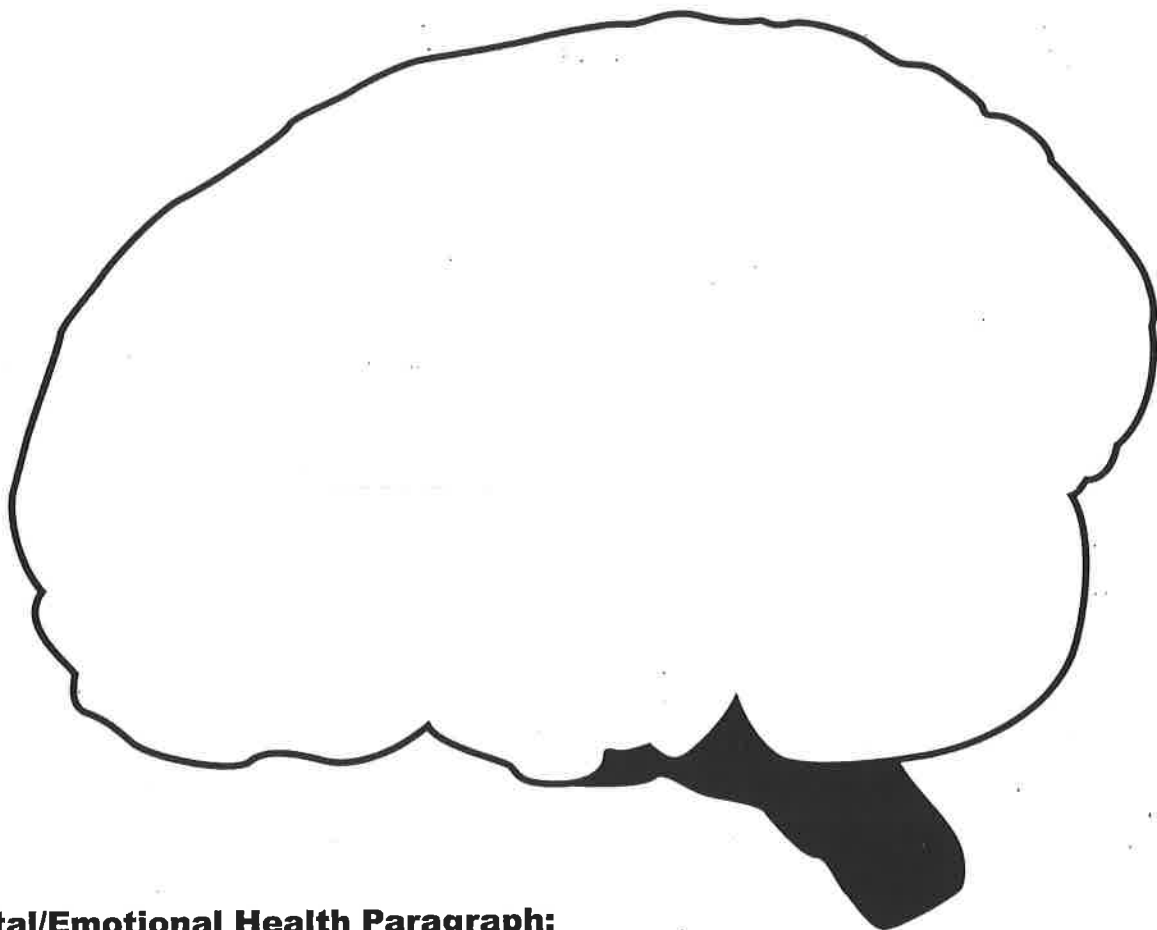
- a. How has your thinking changed throughout the course of the year?
- b. Can someone give an example of something that weighed heavily on your mind at the beginning of the year, and is better now?  
Example: *Seniors may be worried about choosing a college, but once the choice is made it is no longer dominating their thinking.*
- c. How can analyzing your mental/emotional state help you? Hurt you?
- d. What have you learned about yourself? What have you learned about others?



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**DIRECTIONS:** Tell what is on your mind at the current time by drawing or writing pictures or words inside the brain outline. Use more space for those things that are taking up most of your thoughts and less space for the "smaller" things. Then assess your mental/emotional health by writing a paragraph that explains your current state of mind.



**Mental/Emotional Health Paragraph:**

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