

# Guidelines for the Health Venn Diagram Activity

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



## GRADE 3 ACTIVITY - Health Venn Diagram

**OBJECTIVE:** Student will understand that mental health and physical health are two components of personal health.

**DIRECTIONS:** The student will cut out the small squares and then paste them into the correct part of the Venn Diagram.

This activity fosters discussion about the connections between physical and mental health. In the "Mental Health" circle, write words from the word bank that describe mental health. In the "Physical Health" circle, write words from the word bank that describe physical health. In the overlapping area, write words from the word bank that are important for both. Look at the words in each part and notice what is different and what is the same.

If you or your child need support with mental health, reach out to a mental health professional.  
You can find resources and assistance at [FastTrackerMN.org](http://FastTrackerMN.org).



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## Keywords and Definitions

### Mental Health:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

### Physical Health:

Physical health is the condition of your body, including whether you have an illness, injury, or health condition. It also includes how well your body grows, feels, and moves and how you care for it.

### Venn Diagram:

Venn diagrams visually represent relationships between concepts. They use circles to display similarities and differences between sets of ideas, traits, or items. Intersections indicate that the groups have common elements. Non-overlapping areas represent traits that are unique to one set.

### Questions to help start a discussion:

- Can you think of some words from the word bank that describe how you feel or think?
- Can you think of some words from the word bank that describe things you do to keep your body healthy?
- How do you think feeling happy or sad affects your body?
- How do you think exercising can help your mind?
- Can you think of ways to take care of both your mind and your body at the same time?
- Why is it important to take care of both your mental health and your physical health?

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Name \_\_\_\_\_



# Health Venn Diagram

Cut out the boxes and put them into the correct place in the Venn diagram.

Physical Health

Mental Health

Both

