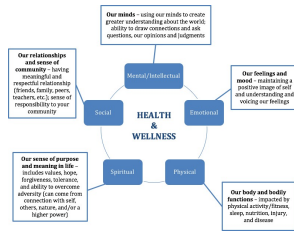


# Healthy Living in My Community Unit Handouts

## Introduction: Healthy Living in My Community Unit

### A. Overview

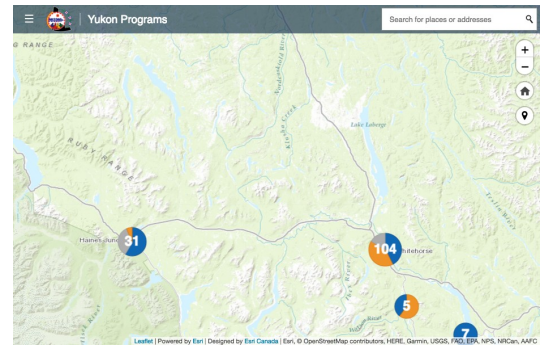


### Lesson 1 - Intro to Healthy Living

*We are going to learn about the topic of health and what it means to each of us as individuals.*

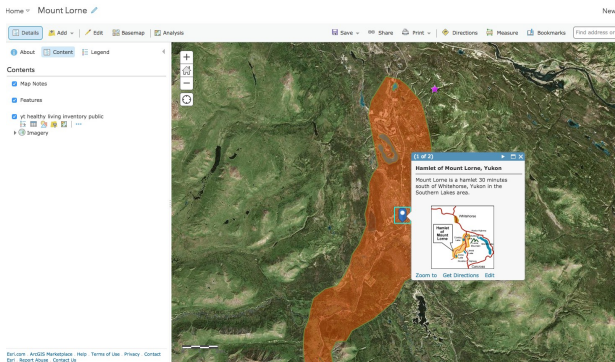
### Lesson 2 - Exploring Healthy Living in My Community

*We are going to explore what healthy living options are available in our community.*



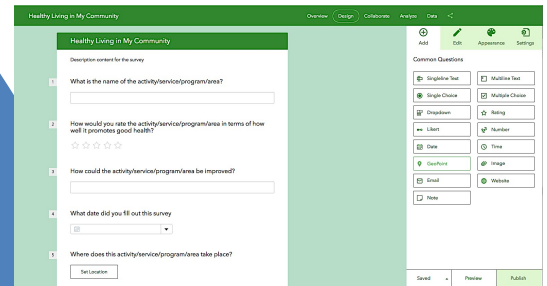
### Lesson 3 - Mapping My Community

*We are going to start mapping in this lesson and learning how to use ArcGIS Online to add points, notes, pictures, and other features to a map.*



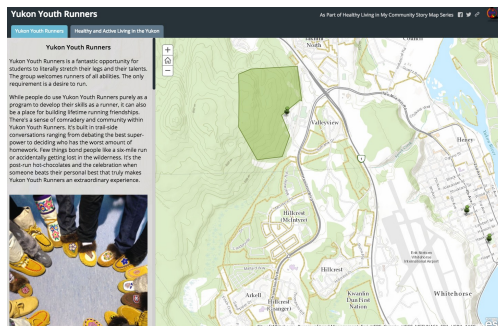
### Lesson 4 - Surveying My Community

*We are going to come up with questions to gather information about features in the community. Then we will gather answers and these will get added to a map.*



### Lesson 5 - Story Telling and Story Maps - How to tell a Good Story

*Here, we will learn about what makes up a good story. Then we will look at different examples of story maps and learn about what they are. Once we get some ideas, we can start to think through the story that we want to tell about healthy living.*



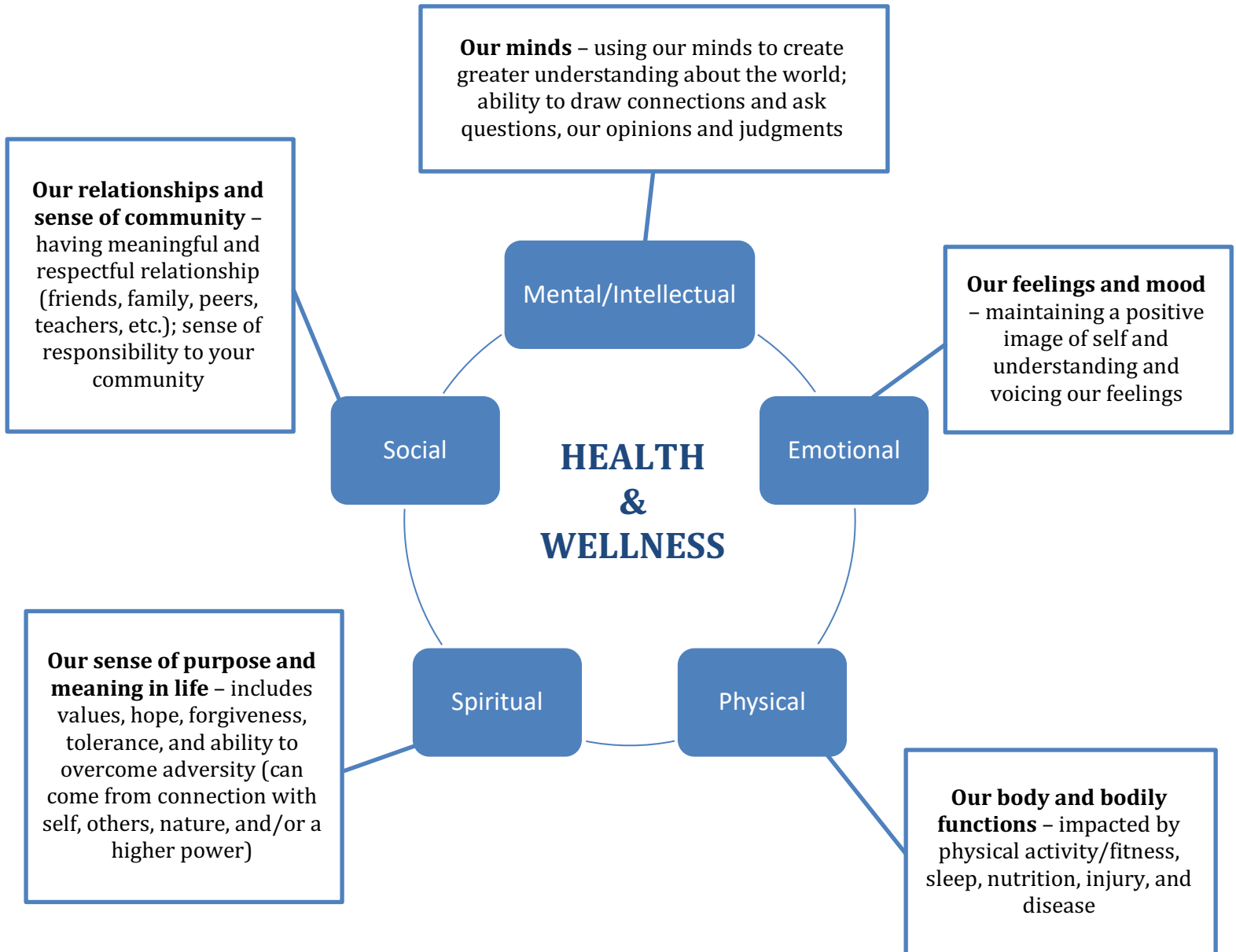
### Lesson 6 - Story Mapping Project

*Each person will work on engaging in the healthy living activity they chose, and then creating their story map, integrating maps from other lessons and other content.*

## Lesson 1: What is healthy living and what does it mean to me?

### B. Key Dimensions of Health

This model defines some of the different aspects of our health.



## **Lesson 1: What is Healthy Living and what does it mean to me?**

### **C. My Model of Health**

*Draw your own model of health using the five Key Dimensions of Health and include how individual, community, environmental and wider societal factors might influence each of them as well as how they impact health (positively or negatively). Build off of answers from **Assignment 1.** and class discussions. Then with your partner, put this on a large flip chart paper and post up on the classroom wall.*

## Lesson 5: Story Telling and Story Maps

### D. Story Mountain

Think of your favourite famous story and write down the key elements using this story mountain. Afterwards, you can share your story mountain with the class.

**Peak:**  
What is the most exciting part of the story?

**Climb up the Mountain:**  
What happens on the way to the high point of the story?

**Climb down the Mountain:**  
What happens on the way to the bottom of the story?

**New Base Camp:**  
How does the story end? What's different than it was at the beginning of the story?

**Base Camp:**  
How does the story start?

