



Components of Health

Janzen & Oatway 2018

SOCIAL · EMOTIONAL · PHYSICAL

SOCIAL

Stronger	Social Literacy										Weaker
10	9	8	7	6	5	4	3	2	1		
Listening, empathizing, and connecting with others; appropriately communicating thoughts feelings and needs.											
Stronger	Digital Citizenship										Weaker
10	9	8	7	6	5	4	3	2	1		
Effective management of screen time; critical assessment of digitally sourced information; respectful digital communication.											
Family, Peer, School, & Community Relationships (mark with F, P, S, & C for each relationship)											
10	9	8	7	6	5	4	3	2	1		
Effective connection & engagement with family (F), peers/colleagues (P), school (S) and community (C).											
Stronger	Intimate Relationships										Weaker
10	9	8	7	6	5	4	3	2	1		
Meaningful relationships with close friends/family that are built on mutual trust, goals, equality and personal growth.											

EMOTIONAL

Stronger	Medical & Healing Connections										Weaker
10	9	8	7	6	5	4	3	2	1		
Safe family, friends, social circles, and healthcare professionals where thoughts, feelings and goals can be shared.											
Stronger	Emotional Literacy										Weaker
10	9	8	7	6	5	4	3	2	1		
Level of ability to identify and develop emotions, listen & empathise with others, and express emotions productively.											
Stronger	Mood & Attitude Development										Weaker
10	9	8	7	6	5	4	3	2	1		
Self awareness how emotional patterns affect ongoing moods, influencing the attitude toward life events.											
Stronger	Psychological Fitness										Weaker
10	9	8	7	6	5	4	3	2	1		
Practicing meditation, gratitude, affirmations, positive self talk, self-compassion, reflection, etc.											

PHYSICAL

Stronger	Medical & Healing Services										Weaker
10	9	8	7	6	5	4	3	2	1		
Appropriately accessing medical and/or alternative health services for the maintenance and repair of the body.											
Stronger	Food & Drug Literacy										Weaker
10	9	8	7	6	5	4	3	2	1		
Knowledge and confident decision making around what's going into the body, where it came from, and how it affects the body.											
Stronger	Physical Literacy										Weaker
10	9	8	7	6	5	4	3	2	1		
Motivation, confidence, physical competence, knowledge and understanding to engage in a variety of physical activities.											
Stronger	Physical Fitness, Sports, & Activity										Weaker
10	9	8	7	6	5	4	3	2	1		
Increasing skill in the Components of Physical Fitness, while staying active with enjoyment of sport and physical activity.											
Stronger	Outdoor Play										Weaker
10	9	8	7	6	5	4	3	2	1		
Daily time and experiences in natural spaces, engaging all the senses, rejuvenating the mind, and developing physical skills in nature.											
Stronger	Rest & Sleep										Weaker
10	9	8	7	6	5	4	3	2	1		
Active management of daily/weekly/monthly sleep routines to allow the body adequate rest & repair.											



SOCIAL • EMOTIONAL • PHYSICAL
Connection Wheel

