**­Understanding Well-Being**

**Rubric**

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| **Beginning** | **Approaching** | **Proficiency** | **Mastery** |
| Student experiences difficulty understanding and identifying factors that influence well-being. | Student is able to *identify and list* the factors that influence personal, family, and community well-being. | Student can *identify* how community groups can influence personal and community well-being. | Student can answer *deep thinking* questions related to factors like societal change and residential schools influence well-being over the past 100 years. |

1. **Factors that Influence Well-Being**

Well-being is how you feel and not just the absence of illness or injury. It is something a little deeper. We break our well-being into four dimensions: Physical, Emotional, Mental, and Spiritual Well-being. You need to **read and list** the factors that affect personal, family, and community wellness for each dimension of wellness. **(Note: The articles are attached to the back of the assignment)**

* **Physical Well-being** – Article: Overcoming Barriers to Physical Activity
  + List the factors that influence.
* **Emotional Well-being** – Article: Factors Affecting Mental Health
  + List the factors that influence.
* **Mental Well-being** – Article: Maslow’s Hierarchy of Needs
  + List the factors that influence.
* **Spiritual Well-being** – Article: Maintaining Spiritual Health
  + List the factors that influence.

1. **Community Organizations Impact on Well-Being**

Today there are many community organizations centered on physical activity and wellness. Below is a short description of three organizations**. Briefly describe** how these organizations could help to build physical, emotional, mental, and spiritual well-being personally or in the community.

**In Motion**

* + In Motion is a Saskatchewan based organization that is centered on improving unhealthy weight and stress-related health concerns through the promotion of physical activity. In Motion presents and funds a wide variety of physical activity initiatives. Additionally, they promote activity through community add campaigns.

**ParticipAction**

* + ParticipAction is a Canada wide organization that promotes physical activity in similar ways to in motion. ParticipAction follows the six values of passion, working with others, encouragement, new ideas, excellence, and fun.

**North American Indigenous Games (NAIG)**

* + The NAIG are an athletic competition for people of First Nations decent. They follow the mandate of improving the quality of life for Indigenous Peoples by supporting self-determined sports and cultural activities which encourage equal access to participation in the social / cultural / spiritual fabric of the community in which they reside and which respects Indigenous distinctiveness.

**How do these Community organizations help promote or improve:**

* Physical Well-Being
* Emotional Well-Being
* Mental Well-Being
* Spiritual Well-Being

1. **Change Over 100 Years**
2. Over the past 100 years we have seen great social change affecting the way we move, how we feel, how we interact with one another, and what we spiritually believe as a society. **Consider how things like work, social media, technology, and a wider variety of spiritual beliefs** could have changed over the past 100 years.

**Note: Some changes are good and some are bad.**

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| --- | --- |
| **Today** | **100 Years Ago** |
| **Physical** | **Physical** |
| **Emotional** | **Emotional** |
| **Mental** | **Mental** |
| **Spiritual** | **Spiritual** |

1. It is important that we remember and recognize the damage that was cause by residential school over the past 100 years. Imagine you were removed from your home then taken away from family and community like the children in residential schools.

**Hint: Think about how traditions, values, and beliefs are passed on.**

* How could removal from your family for generations affect family wellness?
* How could removal from your community for generations affect community wellness?