



Card: PATH **Prompts:** Do you like the path you are on? Do you aspire to be on a different path? Why or why not?

Area: Science, Communication

Main Purpose: To discuss what it means to be on a “path to wellness.” How are we taking care of ourselves and one another? What path are we following to ensure that our physical, emotional, mental, psychological and spiritual health is being nurtured, cared for and attended to?

Other purposes: a) To define and provide examples of 8 dimensions of wellness, b) To design paper airplanes and examine flight paths talking about forces of thrust, drag, lift, and weight.

*These lesson plans are meant to be flexible and adaptable for all ages. Your creativity as a family will dictate how you go about implementing each lesson. Time allotted for each section is up to the family based on your unique dynamic or needs. Each lesson can be broken up by section, especially for children who may need frequent breaks.

BE INTENTIONAL

Consider this quotation: “Patience is necessary as you acknowledge that with every step you are paving your unique path to wellness and self-awareness.” -Kathryn Mead, RN

Then watch this short video about the [Eight Dimensions of Wellness](#). Talking with your family members, list the eight dimensions of wellness and provide an example of each. For example, for physical wellness, what are you and your family members doing at home to make sure you all are staying healthy physically? Set the intention to work on at least one dimension of wellness this week you, as a family, believe you can improve upon. Create small, achievable steps toward reaching your goal (written out, drawn, spoken about, etc.).

BE THOUGHTFUL & COMPASSIONATE

As a family, create a Board Game that demonstrates a PATH to wellness. You can think about games such as Candyland, Chutes & Ladders, or Life. There is no one way to depict or illustrate the game. The only “rule” is that each family member should contribute to what is on the game board. Examples of a board game called, “Path to Wellness” we created and played is found in links to Lesson 3 on EduSpirit.org



TAKE ACTION

Flight Path and overview of the forces of flight: thrust, drag, weight, and lift.

1. Watch the video on designing paper airplanes and discussing the forces of flight. Found in Lesson Plan 3 (videos and resources).
2. Create your own paper airplanes.
3. Discuss how you can improve upon your design so that your airplanes flies the way in which you intended.

AT THE END, ASK:

1. Did each family members list, discuss and provide examples of the 8 dimensions of wellness?
2. Did family members create a board game to which each contributed? Did family members gain a better sense of their overall wellness (physical, emotional, psychological, mental and spiritual)?
3. Did family members create paper airplanes? Did they discuss the forces of flight contributing to the design and flight path?