

Name:

“SMEEPS” Homework Assignment

Please note – this assignment will count as two homework assignments since it encompasses two different parts: the assessment in each component of health and a reflection on the assessment.

Part 1: Okay... be honest with yourself. For each of the statements listed in the “SMEEPS” components, darken the circles of the ones that are true for you. When finished add how many are darkened. *You will be receiving credit for completing this – not for your answers. You may pass on some questions.*

Social Health— *your relationship with others*

- I meet people easily
- I am comfortable entering into conversations with new acquaintances
- I continue to participate in an activity even though I do not get my way in an argument
- I have at least one or two good friends
- When working in a group, I can accept other people’s ideas and suggestions
- I can say “no” to my friends when they are doing something that I do not want to do
- I usually have success making friends with females my age
- I usually have success making friends with males my age
- I am comfortable carrying on a conversation with an adult
- If I have a problem with someone I try to work it out
- I avoid gossiping about people
- I am able to have an honest conversation with my parent/guardian(s)
- I am comfortable asking for extra help in class, if needed. I participate in class discussions on a regular basis.
- I say “please” and “thank you”
- I give sincere compliments
- I am usually fair
- I resolve conflicts in a positive and respectful manner
- I get along with my parents/guardian(s)
- I get along well with my sibling(s)
- I am aware of outside resources for help (ex. counseling services)

Mental Health— *your thinking/decision making/learning*

- I keep informed about social issues
- I keep informed about political issues
- I am interesting in learning about scientific discoveries
- I make an effort to maintain and improve my writing skills
- I make an effort to improve my verbal skills
- I participate in activities such as visiting museums, exhibits and zoos
- I attend concerts or plays at least 3 times a year
- I watch educational programs on television
- I read about different topics from a variety of newspaper magazines and books
- I gather information from several sources before making an important decision
- I understand that not all sources of information are reliable and know how to determine which sources are reliable

- I am interested in understanding the views of others
- I feel school mentally stimulates me
- I allow myself to express my creativity
- I recognize there are many ways we are intelligent and we have strengths to celebrate and weaknesses to develop
- I set and reach goals

Environmental Health— *your surroundings, living and non-living*

- When I notice a safety hazard I take action to correct the situation
- I do not litter in school
- I do not litter outside of school
- I recycle paper products at home
- I recycle batteries at home
- I recycle plastics and glass at home
- I turn off the lights and electrical appliances when I am not using them
- I refrain from letting the water faucet run while I am brushing my teeth
- I am involved in the learning more about how I can protect the environment
- I do not throw garbage in sewers
- I purchase products made with recycled materials whenever possible
- I wear sweaters in the winter so the heat doesn't have to be raised higher in my room at home
- I educate myself regarding global, environmental concerns
- I understand many of the roles human being play in keeping the environment healthy

Emotional Health— *feelings and the expression of them*

- I am aware of my feelings, even during tough times
- I express my emotions at appropriate times
- I know that crying is healthy when upset/sad/etc...
- I can name three things that I do well
- I am able to express my feelings without blowing up
- I do not take out my angry/sad/etc ... feelings on others
- I am able to give and accept compliments
- I am able to say "no" to people without feeling guilty
- I have at least one hobby or interest that I enjoy
- I can be satisfied with my effort if I have done my best
- I listen to and think about constructive criticism
- I take time to play
- I am comfortable having along time
- I take responsibility for my actions
- I take responsibility for creating my own feelings
- I can relax my mind and body without using drugs
- When I make mistakes, I try to learn from them
- I understand that I can control my own actions and behaviors
- I have at least one adult I can confide in

Physical Health— *dealing with your body*

- I seldom feel tired or run down
- I get at least 7 hours of sleep a night
- I regularly use dental floss and a toothbrush
- I do not use tobacco
- I use stairs instead of elevators or escalators
- I do at least 25 minutes of aerobic exercise at least three times per week
- I do strength training exercises at least two times per week
- I eat breakfast everyday
- I do not use alcohol or non-medicinal drugs
- I limit my intake of refined sugar and salt
- I eat meals, which are balanced and include a variety of foods
- I eat at fast food restaurants at least once a week
- I eat foods that are high in fiber
- I eat at least four servings of fruits and/or vegetables at day
- I drink 6-8 glasses of water a day
- I protect my skin from sun damage by wearing sunscreen with at least 15 SPF
- I do not go to tanning salons
- I always wear a seatbelt in a car
- I always wear my helmet when riding a bike
- I always wear my helmet when doing tricks on a bike/blades/skateboard
- I wear protective gear that is needed for sports
- I follow directions for prescribed and over-the-counter medicines
- I am careful about using herbal products

Spiritual Health— *your goals, morals and values*

- I feel that my life has a positive purpose
- I spend a portion of every day in personal reflection
- I am aware of my values
- I have strong and healthy beliefs about my life
- I am mainly guided by my “inner-self” rather than the expectations of others (peer pressure)
- I am concerned about humanitarian issues
- My leisure activities are consistent with my vales
- I am tolerant of the values and beliefs of others
- I feel that I am a part of something outside myself, such as a family, community, society, nature ... etc
- I share the gift of care by being courteous, forgiving, understanding and sharing of good news
- I feel hopeful most often
- I feel that difficulties in life have the ability to strengthen us

Add the number of darkened circles for each area:

Social Health	Mental Health	Environmental Health	Emotional Health	Physical Health	Spiritual Health
____ out of 20	____ out of 16	____ out of 14	____ out of 19	____ out of 25	____ out of 12

Part 2: Please answer the following questions as honestly as possible.

1.) What areas of health do you seem to be doing well with? Why do you think this is so?

2.) What areas of health do you need to improve upon? How can you do this?

3.) Make a goal for yourself that will help you to improve upon each area of health:

Social:

Mental:

Environmental:

Emotional:

Physical:

Spiritual:

4.) After completing this worksheet, how balanced does your health seem? Please explain.