



Healthy Living

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Emotional Wellness

- Define “emotional wellness”
- Identify five ways to cope when dealing with stress
- List five emotions you go through during a day
- Create an action plan to help you work through problems then talk with a family member or friend about your plan
- Make a list of five positive things about yourself, your parent or guardian, friend, and teacher
- Describe how emotions impact people on a personal and community level

Intellectual (Learning) Wellness

- List 3 topics which you enjoy learning
- Research an activity you have never done before and try it
- Read a book you have never read every month
- Research a new language (this could include sign language)
- Host a weekly game night with your family or friends playing a game you have never played
- Put together a puzzle
- Go to your community or school library and apply for a library card

Occupational Wellness

- Identify 3 careers in the healthy living field in which you might be interested
- Research the 3 careers you identified
- Talk with someone in one of the careers you identified and ask them how they decided to work in that field



Physical Wellness

- Research how many hours per night you should sleep
- Write 3-5 sentences about what happens to you when you do not get enough sleep
- Demonstrate understanding of the consequences of the decisions you make for your health
- Demonstrate understanding of MyPlate
- Describe the benefits of physical activity
- List the recommendations for physical activity for your age
- Research physical activities and make it a part of your level on a regular basis
- Describe foods that should be consumed in greater amounts for good health
- Describe foods that should be consumed in smaller amounts for good health
- Give examples of nutritious snacks that include foods from two or more food groups

Social Wellness

- Develop a list of three conversation starters (no political or religious comments. Ex: Never ask someone who they voted for in an election)
- Identify what stress is and how stress can impact you and your community
- Understand the value of positive communication with others
- Define “healthy relationships” with family members, peers, adults, community members
- Identify someone in which you have a healthy relationship (family members, peers, adults, community members)
- Develop a list of five ways you can be kind or helpful to a neighbor or someone in your community

Spiritual Wellness

- Define the terms: ethics, values, morals
- Talk with your family members and ask about the ethics, values, and morals they hold
- Identify 3-5 things you value in your life
- Identify 3-5 things or actions that make you happy

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

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