

The **BOARD OF HEALTH** Activity

Please see supplemental Publication 2875-A for complete instructions.

PARTICIPANT INSTRUCTIONS

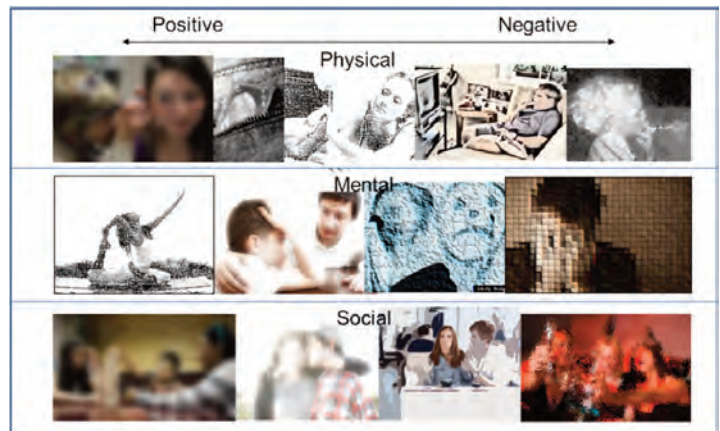
- You will be assigned to small groups of two to four people.
- You will be given:
 - poster boards
 - newspapers
 - markers
 - scissors
 - magazines
 - glue

Instructions:

- Create a continuum on your board with “positive” on one end and “negative” on the other.
- You should create three sections on each board:
 - physical
 - mental*
 - social

*You may prefer to present this as psychological or emotional health.

- Look through the magazines and newspapers, cutting out images that represent good and bad health from each of the three domains.
- Decide in your groups what images fit in which domain.
- Prioritize images from most to least healthy by domain.
- Select one person from your group to present back to the full group about the images your group chose and any conflicts/challenges you faced in selecting images and assigning them to categories.
- Prepare to discuss these things with the group:
 - Why images fit into their assigned category.
 - Why images were placed where they were along the continuum.
 - What images might have fit in other categories and why.



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● 4-H YOUTH EVALUATION SURVEY

Workshop: **Board of Health** Facilitator: _____

Date: _____ Location and county: _____



Please indicate your response to each item.

	Strongly Disagree (SD)	Disagree (D)	Neutral (N)	Agree (A)	Strongly Agree (SA)
1. This activity					
a. related to my needs.	SD	D	N	A	SA
b. was understandable.	SD	D	N	A	SA
2. Participating in this activity was worth my time.	SD	D	N	A	SA
3. I would recommend this activity to others.	SD	D	N	A	SA
4. I increased my knowledge about physical health.	SD	D	N	A	SA
5. I increased my knowledge about mental health.	SD	D	N	A	SA
6. I increased my knowledge about social health.	SD	D	N	A	SA
7. I will tell others what I learned about health through this activity.	SD	D	N	A	SA

8. The most important thing I learned or gained through this activity was:

9. One specific thing I plan to use or apply as a result of this activity is:

10. Other topics that would be of interest to me in future workshops are:

Facilitator: Please return to Dr. Buys at david.buys@msstate.edu; or call (662) 769-9830 for fax number or mailing address.

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Publication 2875-B (POD-06-18)

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director