

SI5: Spiritual Health

Summary

Students will be able to define and implement characteristics of good spiritual health.

Time Frame

1 class periods of 60 minutes each

Life Skills

Thinking & Reasoning

Background for Teachers

Be prepared to lead discussion without preaching religion.

Intended Learning Outcomes

Students will be able to explain what spiritual health is and give characteristic of spiritual health.

Instructional Procedures

Write the definition of spiritual on the board. Having something to do with the spirit or soul. Caring much for the things of the spirit or soul; "Great men are they whose spiritual is stronger than any material force." (Emmerson) World Book Dictionary

Write the definition of soul on the board. Part of the human being that thinks, feels, and makes the body act; the spiritual part of a person as distinct from the physical. The cause of inspiration and energy leading spirit; prime mover. World Book Dictionary

Read the Clifford Duncan story on page 94 of *Sacred Images*.

Read the Mae Perry story on page 23 of *Sacred Images*.

Put Students in groups of four, 2 boys, 2 girls, if possible. Have students come up with a definition for *spiritual health*. Students will list 4 characteristics of good spiritual health.

Give a clip board to each group and have them walk through the *Sacred Images* exhibit. Students will write the name of two photos from each style (8 photos) that impressed them.

Answer the questions:

What factors helped your group choose these pictures?

How might these petroglyphs help build spiritual health?

Summarize the information collected.

Remind students that spiritual health is different for most people. It is important to develop a personal philosophy on spiritual health.

Bibliography

World Book Dictionary

Glencoe Health Textbook

Sacred Images

Authors

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