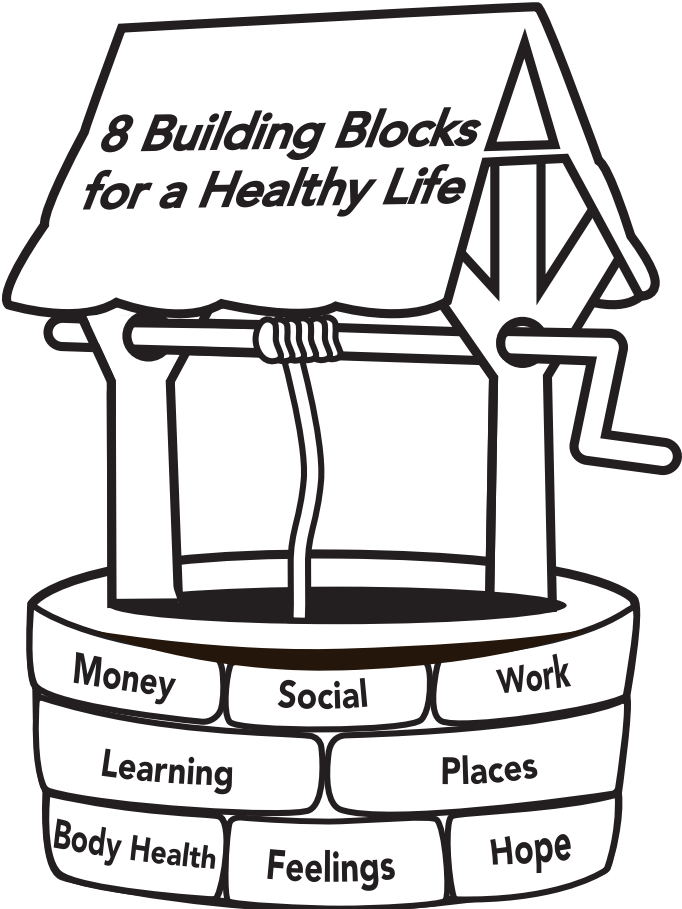




You know what
I always say!
Bee healthy!



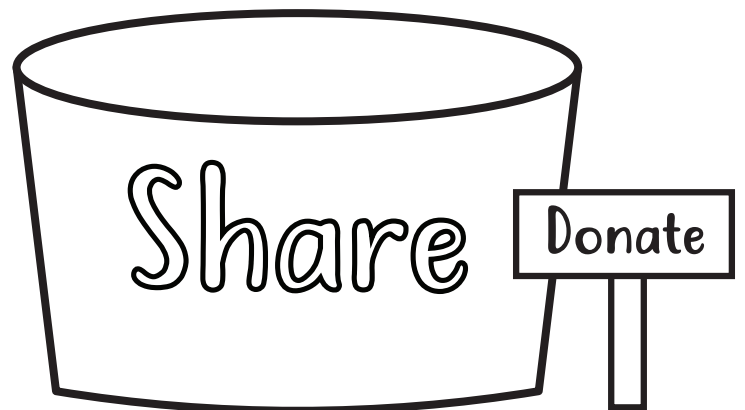
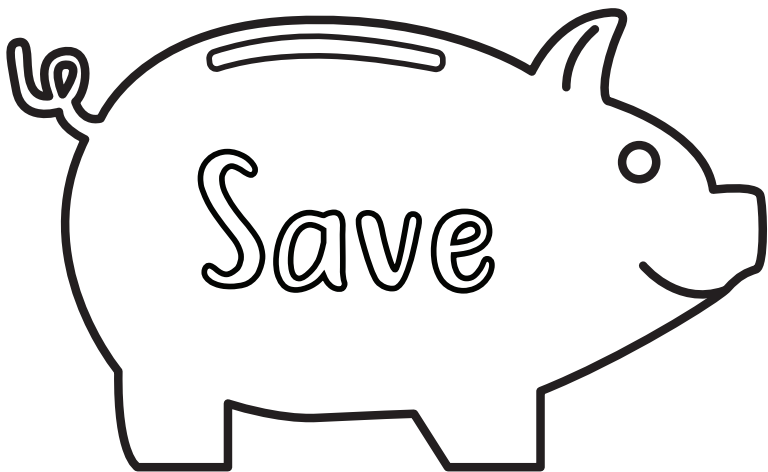
Building Blocks for a Healthy Life coloring book



College of
Nursing

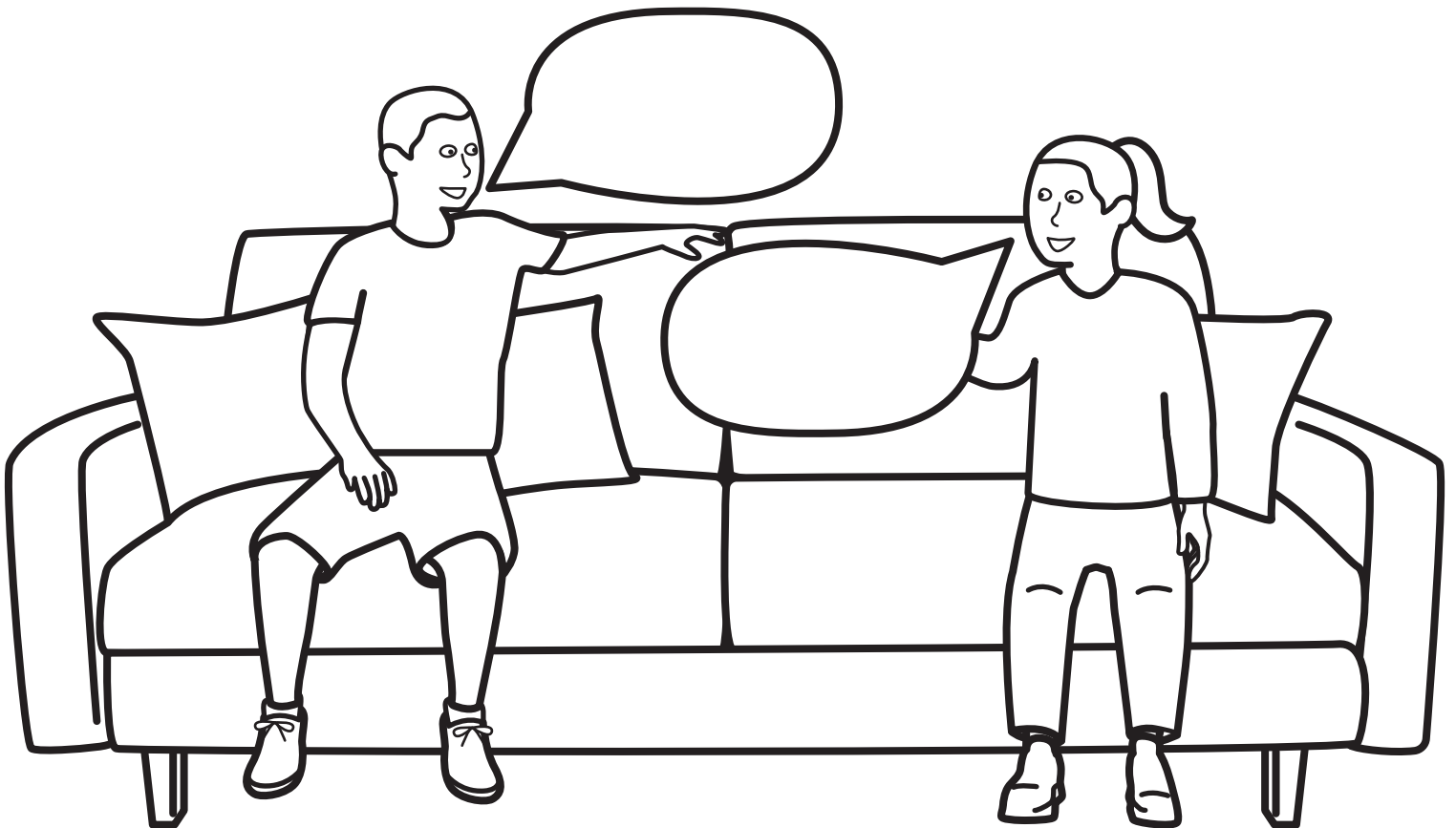
*Behavioral Health Wellness
Environments for Living and Learning*

www.uky.edu/bhwell



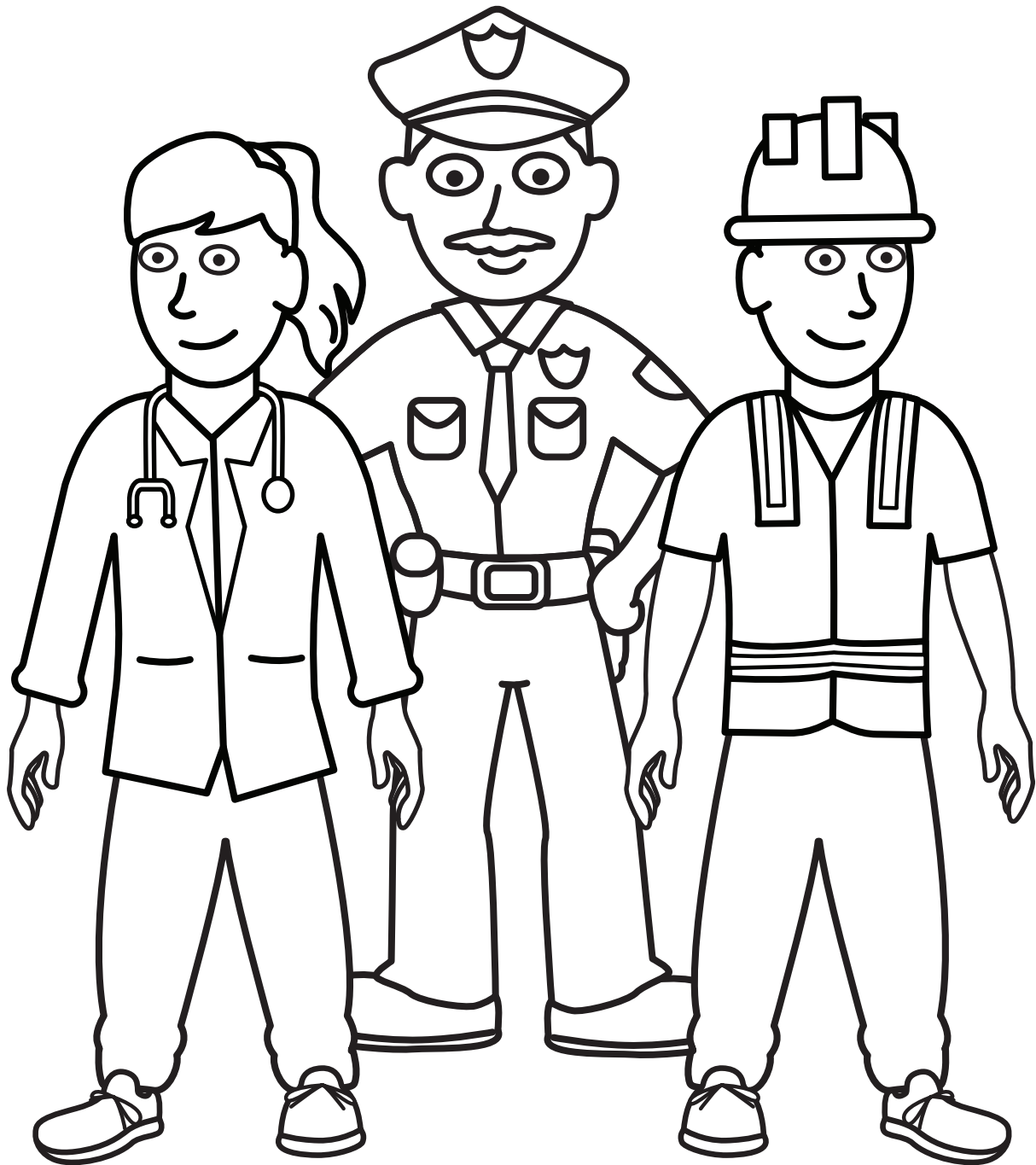
Money

Money health is being okay with what you have and knowing how to save, share, and spend money.



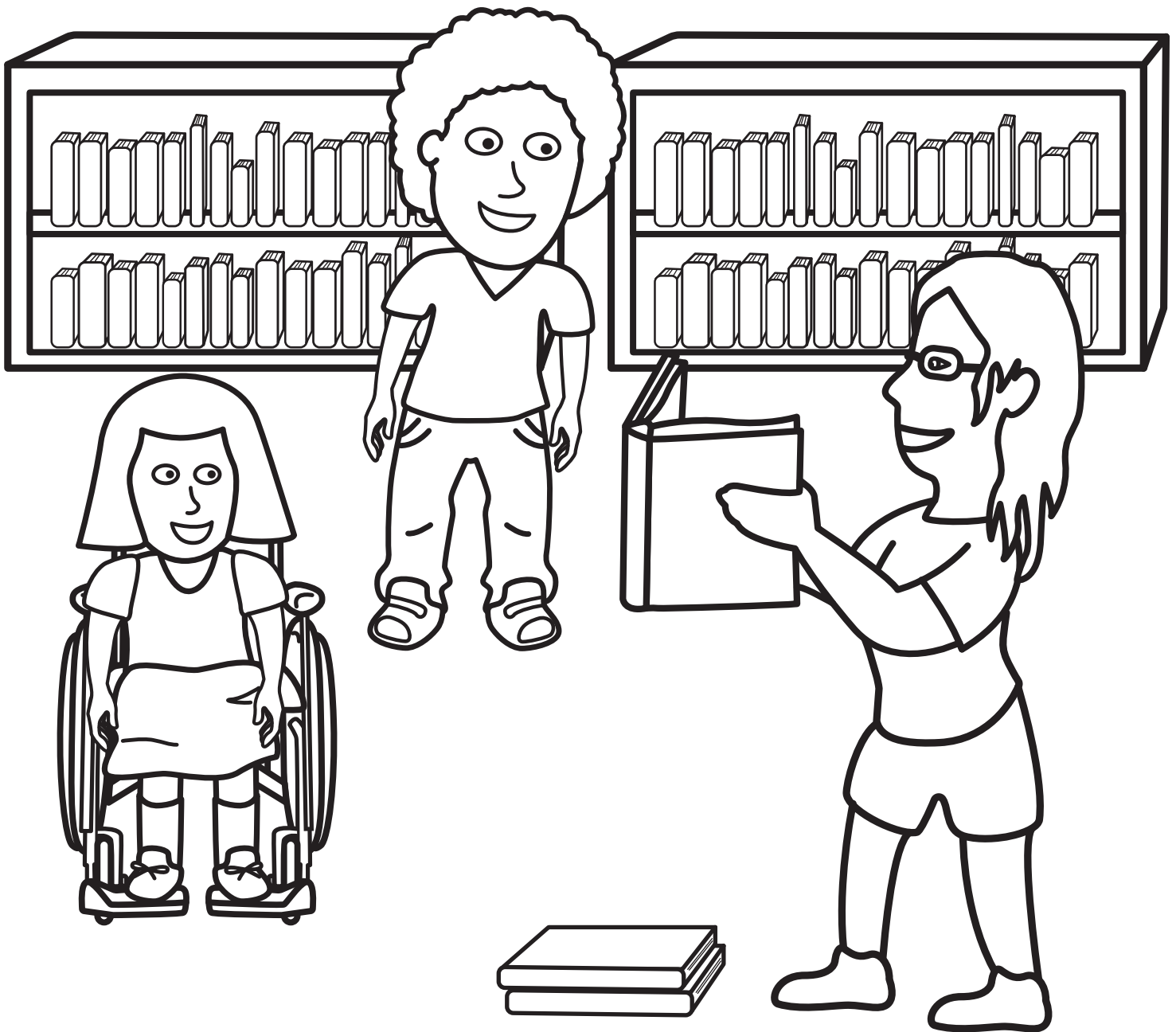
Social

Social health is having close friends and family.



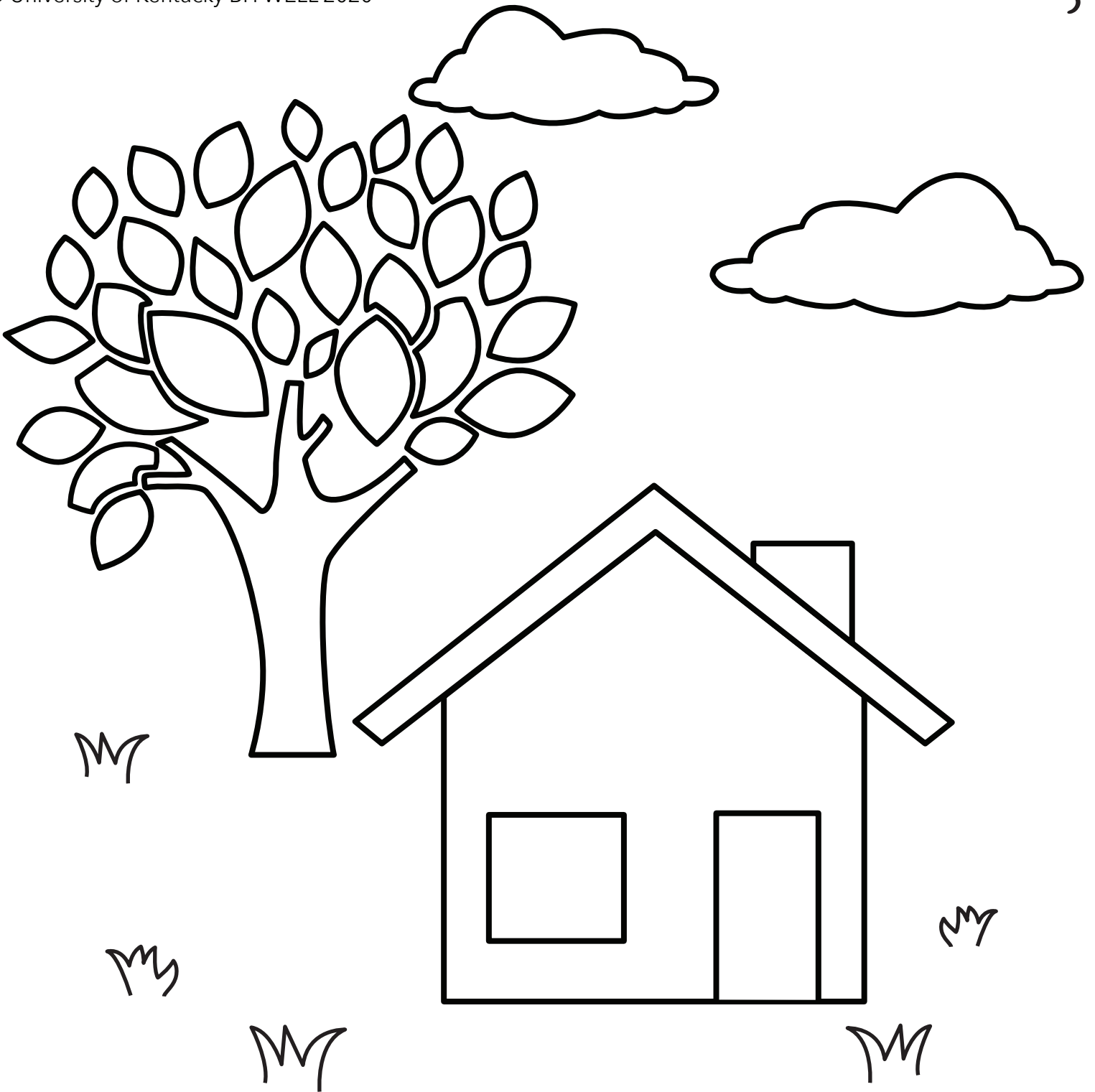
Work

Work health is choosing to be proud about your work or chores even if you don't get a reward.



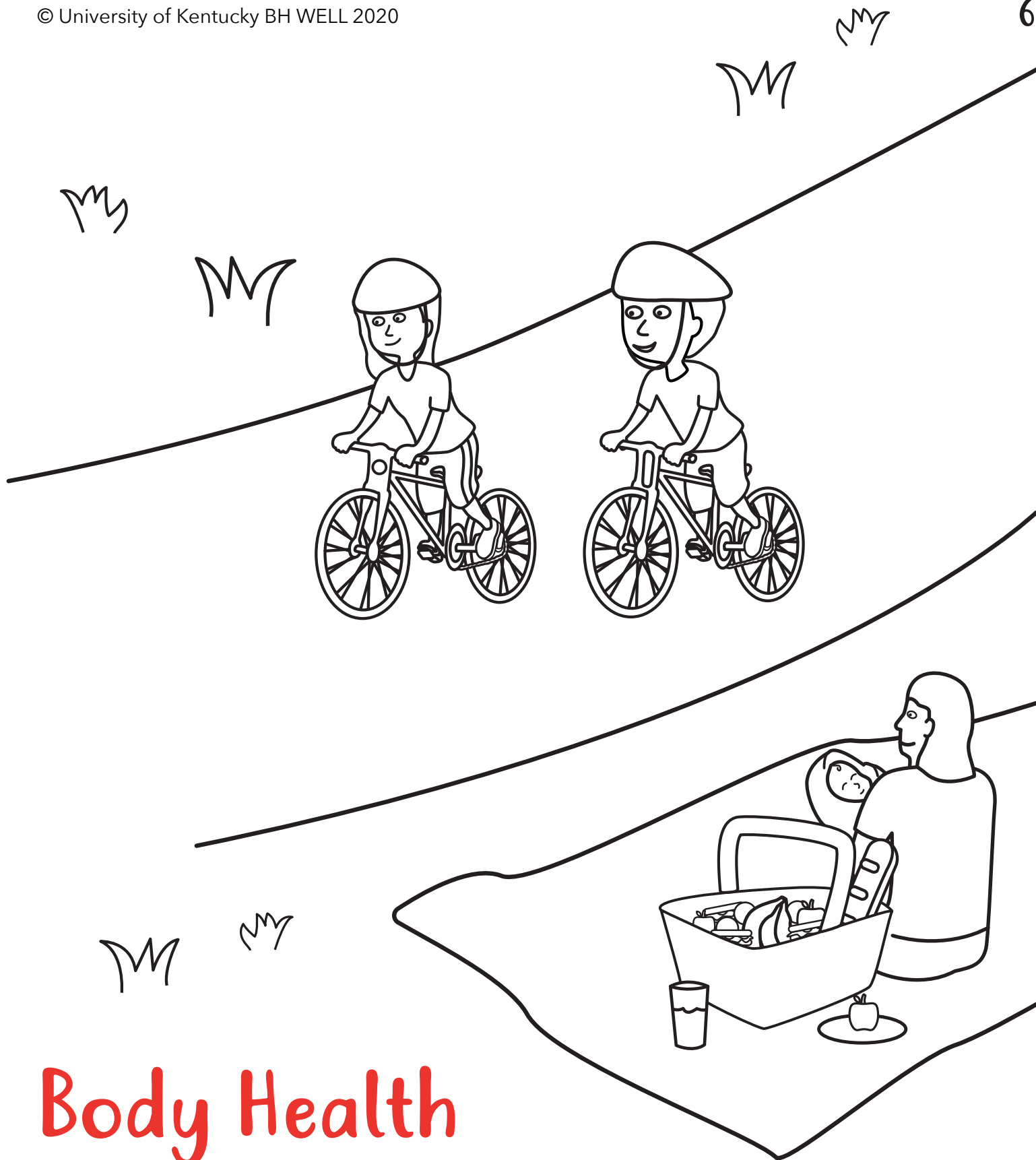
Learning

Learning health is gaining new information and sharing what you know with others.



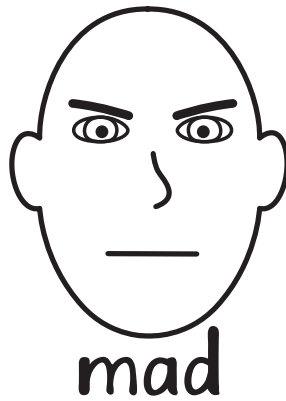
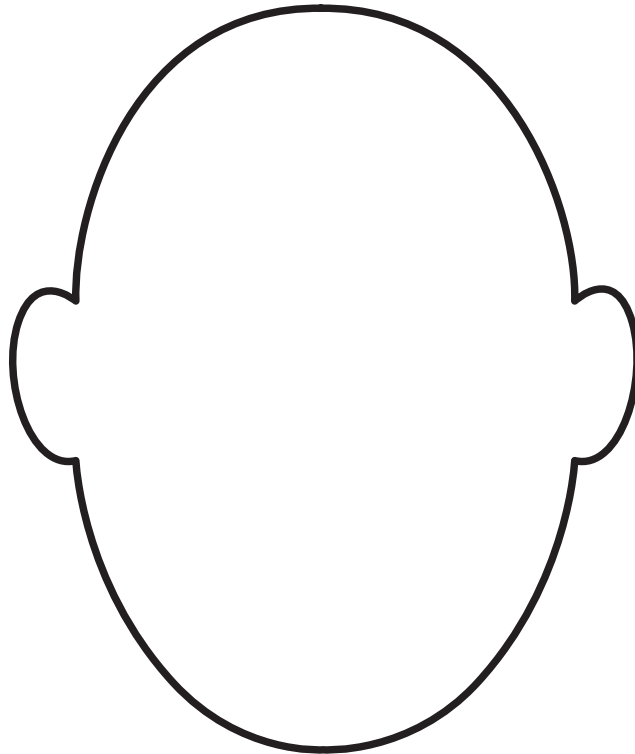
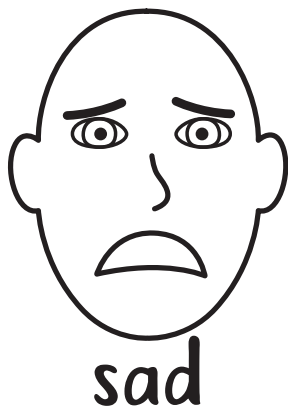
Place

Place health is living, working, and going to pleasant, safe, and supportive spaces.



Body Health

Body health is how you take care of yourself. You can do this by exercising, eating, and sleeping well.



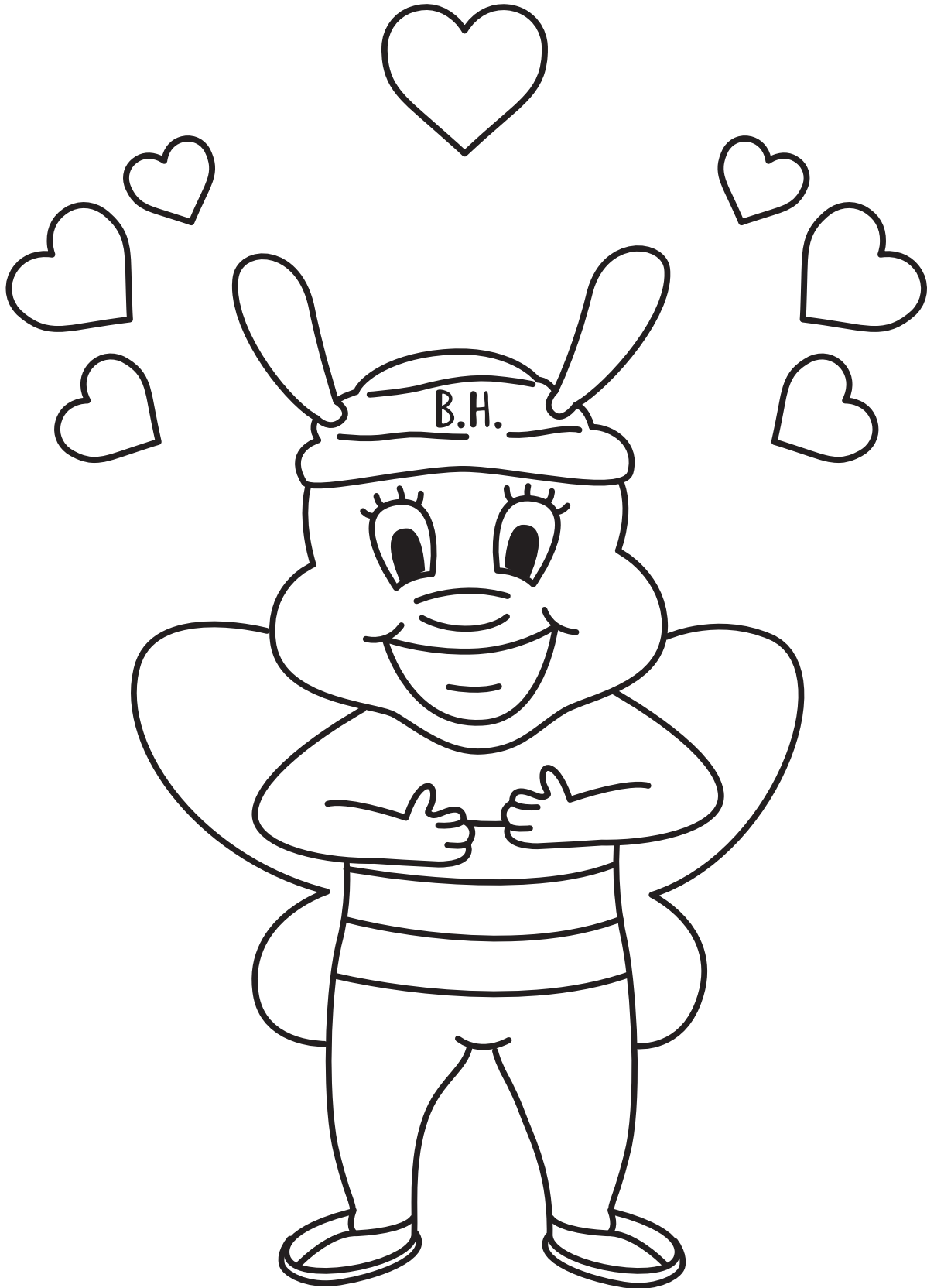
Feelings

Feelings health is liking yourself and expressing your feelings in a healthy way.



Hope

Hope health is living a life that you feel has meaning and purpose. Hope is about having thoughts and beliefs that matter to you rather than things you can touch.



I love being healthy.

Money (Illustrations: dollar signs, piggy bank)

Social (Illustrations: girl, boy)

Work (Illustrations: chef, construction worker, construction worker with hard hat)

Learning (Illustrations: books)

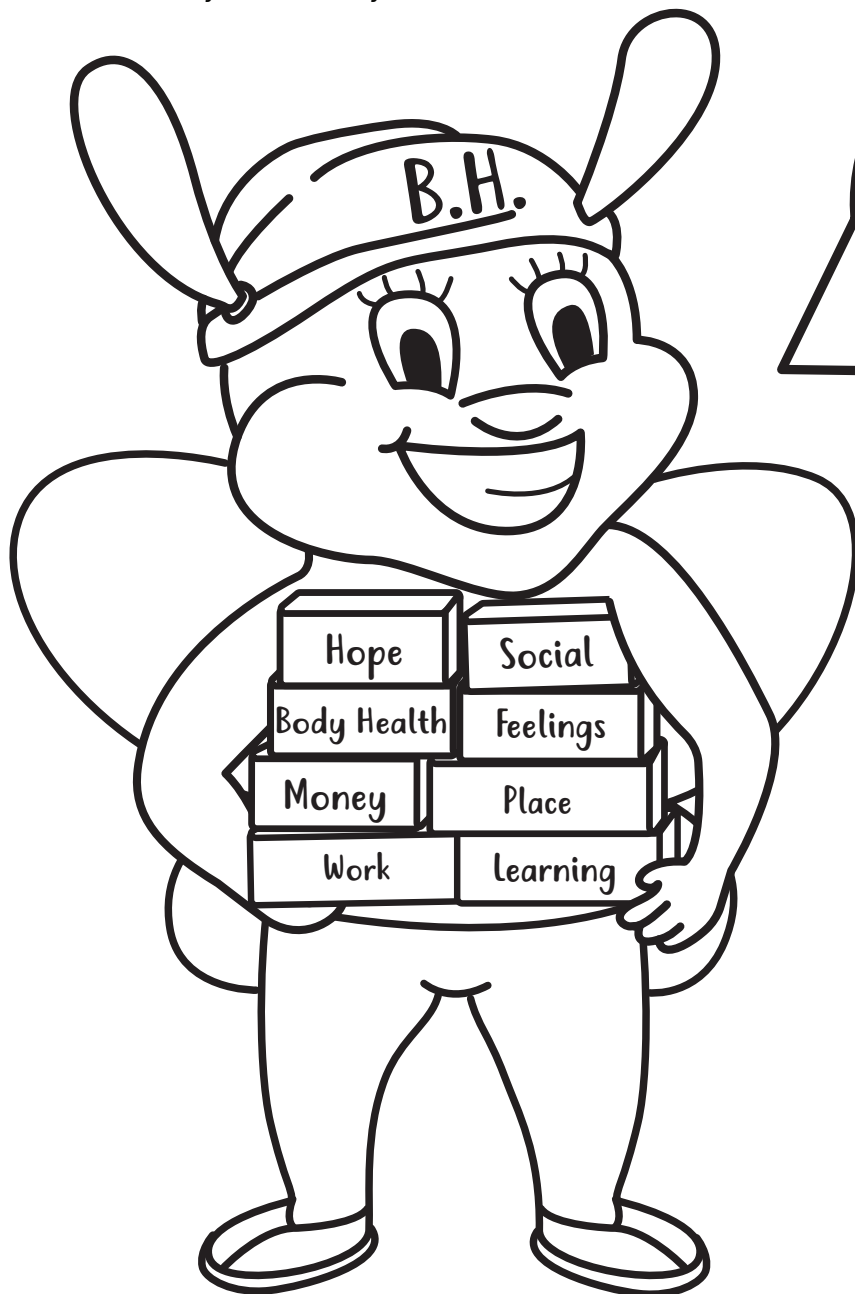
Place (Illustrations: buildings, skateboarder)

Body Health (Illustrations: girl running, apple)

Feelings (Illustrations: sad face, happy face, heart)

Hope (Illustrations: soccer ball, peace symbol, dove, hands clasped)

Fill in what each block means to you.



What's your favorite brick of wellness?

I like the

brick of wellness because...