

Name: _____

SUPER HEALTH TRIANGLE!

Directions: You will create your very own super hero that depicts you! You can free draw your super hero or use a provided template to get you started. Your super hero should be a visual representation of who you are. You will also display your super hero powers (what strengths you have in physical health, mental/emotional health, and social health) as well as your kryptonite (what weaknesses you have in physical health, mental/emotional health, and social health). This poster is all about you, so make it yours and have fun! Follow the rubric to achieve maximum points.

Category	Excellent	Adequate	Minimal	Total Points
Super Hero Design, Super Hero Name, and Super Hero Description	<i>Design:</i> Your super hero is a true representation of you, your interests, and what you would look like if you were a super hero. It is also colored in. <i>Name:</i> Your name is creative and true to you. <i>Description:</i> You briefly describe the meaning behind your super hero. (46 points)	Contains 2 of the 3 requirements: <i>Design:</i> Your super hero is a true representation of you, your interests, and what you would look like if you were a super hero. It is also colored in. <i>Name:</i> Your name is creative and true to you. <i>Description:</i> You briefly describe the meaning behind your super hero. (45-20 points)	Contains only 1 of the 3 requirements: <i>Design:</i> Your super hero is a true representation of you, your interests, and what you would look like if you were a super hero. It is also colored in. <i>Name:</i> Your name is creative and true to you. <i>Description:</i> You briefly describe the meaning behind your super hero. (19-0 points)	_____46
Powers: Positive Physical Health traits	At least 3 super powers are listed that relate to your physical health (9 points)	At least 2 super powers are listed that relate to your physical health (6 points)	At least 1super power is listed that relates to your physical health (3 points)	_____/9
Powers: Positive Mental/Emotional Health traits	At least 3 super powers are listed that relate to your mental/emotional health (9 points)	At least 2 super powers are listed that relate to your mental/emotional health (6 points)	At least 1 super power is listed that relates to your mental/emotional health (3 points)	_____/9
Powers: Positive Social Health traits	At least 3 super powers are listed that relate to your social health (9 points)	At least 2 super powers are listed that relate to your mental/emotional health (6 points)	At least 1 super power is listed that relates to your mental/emotional health (3 points)	_____/9
Kryptonite: Negative Physical Health traits	At least 3 weaknesses you have that relate to your physical health (9 points)	At least 2 weaknesses you have that relate to your physical health (6 points)	At least 1 weakness you have that relates to your physical health (3 points)	_____/9
Kryptonite: Negative Mental/Emotional Health traits	At least 3 weaknesses you have that relate to your mental/emotional health (9 points)	At least 2 weaknesses you have that relate to your mental emotional health (6 points)	At least 1 weakness you have that relates to your mental/emotional health (3 points)	_____/9
Kryptonite: Negative Social Health traits	At least 3 weaknesses you have that relate to your social health (9 points)	At least 2 weaknesses you have that relate to your social health (6 points)	At least 1 weakness you have that relates to your social health (3 points)	_____/9
Total Points				_____/100