

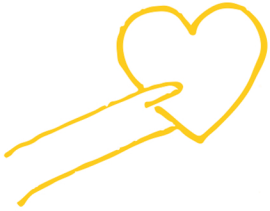


Health Comics by Us!



Instructions

Everyone has different health concerns to deal with, but this art exercise is all about how you think about those problems. It's not about the right way and the wrong way to feel, it's about your attitude towards your health!



We're going to make a story about health.
This story will have a positive ending and a negative ending.



(If you get stuck and don't know what to do, keep reading, but feel free to start drawing if you're ready!)



Examples

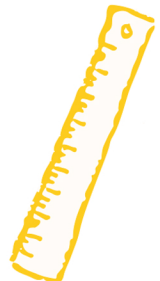


1) In the first panel, draw yourself and explain a health concern you have to deal with. It might be showing that you have a particular disease, like type 1 diabetes, or just telling us that you are trying to eat healthier.

2) In the second panel, show a specific obstacle that you might have to deal with on any given day. Since I have diabetes, a specific problem might be getting low blood sugar while playing basketball with my friends. What's a challenge you might face during your health journey?

Every time a situation like this happens, you get to make a choice about how you respond. Nobody's perfect, but we can always try to deal with mistakes in a positive way.

3) These last 2 panels are going to show a negative and positive way to handle the situation. In one panel, draw how you would react in the ideal situation. In the other, draw the worst way you could possibly react! To continue the previous example, I might just ignore my low blood sugar, but then pass out in the middle of the basketball game! To handle it positively, I might call time out and drink some gatorade.



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(Health Comics by Us brought to you by Trevor Torres and Jacob Dwyer)