Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**DUE MONDAY DEC. 14th**

**CALM 20: Well Being Unit Project**

For this unit project you must represent the **5** dimensions (emotional, physical, spiritual, vocational, and intellectual) of well being in any form you like. This could range from making a poster, piktochart, diagram, 3D model, website, photographs etc. The sky is the limit; be creative!

**Requirements:**

* Demonstrate the **5 dimensions** in *some way (*creatively!)
* **Minimum 1 page** write up on why you chose to represent the dimensions in the way you did, and a brief reflection of your own 5 dimensions (what are you doing well in your dimensions, what needs work etc.)

**Well Being Unit Project Rubric**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **5** | **4** | **3** | **2** | **1** |
| **Creativity** | Shows **insightful** thought to the creation of the project. *Goes above and beyond!* | Shows **Good** thought to the creation of the project. | Shows **adequate** thought to the creation of the project | Shows **minimal** thought to the creation of the project | Shows **very little** thought to the creation of the project |
| **Well Being Dimensions** | **All** dimensions are clearly and creatively represented | **All** dimensions are clearly and represented | **Most** dimensions are clearly represented | **Some** dimensions are creatively represented | **Some** dimensions are represented |
| **Reflection** | **Very well** documented and organized; Description is complete and easy to follow; excellent, well thought-out | **Very well** documented and organized; Description is complete and accurate; good. | **Fairly well** documented and organized; format is mostly accurate, complete and/or easy to follow | Portions may be **poorly or inaccurately** documented and/or organized; may **not** be complete and may be hard to follow | Unorganized, **poorly** documented, large parts are **incomplete** and/or inaccurate; difficult to follow |
| **Effort** | Project shows **Superior** effort | Project shows **Good** effort | Project shows **Average** effort | Project shows **Minimal** effort | Project shows **Little or No** effort |

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