

# Luma Connections #20: Share Healthy Options

## Teaching Tool: Discussion Board

This is an online tool that allows learners to interact with each other to explore a topic and to discuss key concepts and concepts, share experiences, interact with each other, and to ask questions. Interactions are not in real-time and can be mentor-learner and learner-to-learner.



## Tip: Share Healthy Options

Health can encompass lots of different aspects of a person's life: physical, emotional, social, spiritual, and intellectual. Building a learning community can provide support for a learner in the areas that they need it. You could set up different discussion boards that focus on each of these health aspects.

Here are some example questions. The possibilities are really endless.



### PHYSICAL

- How do you stay physically healthy?
- What resources do you use?

Share some exercises you do out on the road.



### EMOTIONAL

- How are you feeling today?
- What makes you happy?

Share some strategies you use to cope with difficulties in your life.



### SOCIAL

- Do you describe yourself as a social person? If so, what do you like about being social? If not, why do you not see yourself as a social person?
- What are strategies to cope in social situations when you don't feel social?



### SPIRITUAL

- What is the difference between values and priorities?
- What values are important to you?



### INTELLECTUAL

- What do you like to learn? How do you learn it?
- What are your goals for the next 2 years?

*luma*

© 2021 Luma. All rights reserved