

COMPONENTS OF HEALTH

Below are some of the factors that influence our health. It is not a comprehensive list, and you may wish to add more after the discussion in your small group.

Try and think about the different components of health and identify how they can affect our capacity to learn and develop. These may include ways in which health problems **impair** our capacity to learn, our ability to be attentive or communicate, or even to even to be physically present in a particular environment. Equally, there may be aspects of your discussion which reflect how positive experiences may **enhance** our capacity to learn and interact. Try and think about the differences that some of these factors might have at different ages and stages. Jot down your thoughts below and keep for later.

Genetic heritage

Sensory capacity

Illness and injury

Developmental history

Provision of basic physiological needs

Trauma or neglect

Physical environment

Social environment

Emotional environment

Cognitive environment

Lifestyle

Current health status (eg emotional or physical wellbeing or illness)