

Personal Choices and Well-Being: Matching Game

In Grade 10 Career and Life Management, you examine how the dimensions of health connect to each other and shape your decisions. This game asks you to match key concepts in well-being to their definitions. You will work with ideas about the determinants of health, the holistic nature of well-being, and the barriers that can interfere with the choices you make ([Outcome](#), [Outcome](#)). Understanding these terms will help you analyze your own well-being across emotional, spiritual, physical, intellectual, and social dimensions ([Topic](#)).

How to play

You have eight terms and eight definitions. Draw a line to connect each term on the left to its matching definition on the right. Each term matches to exactly one definition. Work through the ones you know first, then use what remains to solve the harder pairs.

Match the pairs

Column A		Column B
A. determinant	_____	1. An obstacle that makes it harder to achieve and maintain health
B. holistic	_____	2. Peer influence that can affect personal choices and decisions
C. dimension	_____	3. A factor that affects health and lifestyle choices
D. barrier	_____	4. A dimension of well-being involving personal beliefs and sense of purpose
E. substance	_____	5. Tobacco, alcohol, or drugs that can affect health when used or abused
F. pressure	_____	6. The dimension of well-being involving feelings and how they are expressed
G. emotional	_____	7. One part of overall well-being, like the spiritual or intellectual aspect
H. spiritual	_____	8. Considering all dimensions of well-being together

Answer key

- **A** matches **3** (determinant: A factor that affects health and lifestyle choices)
- **B** matches **8** (holistic: Considering all dimensions of well-being together)
- **C** matches **7** (dimension: One part of overall well-being, like the spiritual or intellectual aspect)
- **D** matches **1** (barrier: An obstacle that makes it harder to achieve and maintain health)
- **E** matches **5** (substance: Tobacco, alcohol, or drugs that can affect health when used or abused)
- **F** matches **2** (pressure: Peer influence that can affect personal choices and decisions)

- **G** matches **6** (emotional: The dimension of well-being involving feelings and how they are expressed)
- **H** matches **4** (spiritual: A dimension of well-being involving personal beliefs and sense of purpose)