

## Core Competencies: Personal Awareness and Responsibility & Physical and Health Education – Fill Your Heart with Happiness

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| <b>Curriculum:</b><br>Core Competency – Personal Awareness and Responsibility<br>Physical and Health Education | <b>Learning Goals:</b><br>-Help students express their feelings (good and bad) in a healthy manner<br>-Help students recognize their emotions<br>-Identify and describe feelings |
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| <b>Materials</b>  |
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| YouTube Book Link – My Heart Fills with Happiness by Monique Gray Smith<br><a href="https://www.youtube.com/watch?v=sBCNFMzvyl4">https://www.youtube.com/watch?v=sBCNFMzvyl4</a><br>Paper<br>Pencil<br>Crayons/pencil crayons/markers |

| <b>Activities</b>   |
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| Read: My Heart Fills with Happiness by Monique Gray Smith<br><a href="https://www.youtube.com/watch?v=sBCNFMzvyl4">https://www.youtube.com/watch?v=sBCNFMzvyl4</a><br><br>Name 3 things that fill your heart with happiness. Draw or write about one of the things you named. Ask someone in your house what fills their heart with happiness.<br><br><b>Extension:</b> Label and color the illustration you created.<br><b>Extension:</b> Create a list of 3 things that your family can do to fill all of your hearts with happiness. Draw a picture that includes all of these activities. |