

## Physical and Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Identify and describe practices that promote mental well-being -Identify personal skills, interests, and preferences.
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<b>Materials</b>
-Empty notebook or blank paper (to be used weekly as a health journal) -Pencil -Book: I'm Proud of Myself by: Laurie Wright <a href="https://www.youtube.com/watch?v=gBEtP6TxznQ">https://www.youtube.com/watch?v=gBEtP6TxznQ</a>

<b>Activities</b>
-Student will continue their Health Journal to document different components of healthy living each week. <p style="text-align: center;"><b>This week's focus: Celebrate Yourself!</b></p>  <p>-Ask: What did you do today that you are proud of? -Student will practice noticing moments of pride in their daily life and will practice celebrating themselves -Read: <a href="#">I'm Proud of Myself by: Laurie Wright</a> -Ask: How do you feel when you notice the things you are proud of? -Say: When you focus on things you are proud of you are creating a positive mind-set. This will help promote your mental well-being by getting you to think positively. -In the Weekly Health Journal, student will draw one thing each day they did that they would like to celebrate.</p> <p><b>Extension:</b> -Share your daily celebration with someone in your home. Ask your grown-up, peer, or siblings if they can name one thing they are proud of from their day.</p>