

Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Identify and apply strategies that promote mental well-being
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Materials

- Empty notebook or blank paper (to be used weekly as a health journal)
- Pencil
- Book: Listening to My Body by Gabi Garcia <https://www.youtube.com/watch?v=B6Rik-TA-Q>

Activities

- Student will continue their Health Journal to document different components of healthy living each week.

This week's focus: Listening to Our Body



- Listen to [Listening to My Body by: Gabi Garcia](#)
- Ask: What did this book teach you? How does listening to our body promote our mental well-being?
- Talk about what practices were in the book you listened to that will help to promote mental well-being (e.g. 2:48 in the book - taking a few deep breaths).
- Student to pick one day this week to document listening to their body
- Ask: What do you notice while listening to your body today? What did your body feel like when you were calm?
- Say: When we want to calm our bodies we use different strategies. Some people go for walks, or take deep breaths, or listen to music. What is something that you could do to help you become calm?
- In the Weekly Health Journal, student will draw and label what they do to help themselves to feel calm.

Extension:

- Write a sentence to explain why listening to your body is important to your mental well-being.