


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Describe and assess strategies for promoting mental well-being, for self and others
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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. <p style="text-align: center;">This week's focus: Listening to Our Body</p> <div style="text-align: center;">An illustration of a person with a yellow shirt, holding a red heart in their right hand and a human brain in their left hand. The background is a solid brown color.</div> <p>-Listen to Listening to My Body by: Gabi Garcia</p> <p>- What did this book teach you? How does listening to our body promote our mental well-being?</p> <p>-Write a paragraph to explain why listening to your body is important to your mental well-being.</p> <p>-Notice what practices were in the book that will help to promote mental well-being (e.g. 2:48 in the book - taking a few deep breaths).</p> <p>-Student to pick one day this week to document listening to their body</p> <p>-Using the body outline below, student will draw and label the things that they noticed while listening to their body that day (e.g. palms beginning to perspire – draw and label this on the body). Draw this body outline in the Weekly Health Journal or print a copy of it to paste into the Weekly Health Journal.</p> <p>-What emotion were you feeling when your body felt these certain ways? What strategies can you use when you feel this in your body? Example: My palms began to perspire. I was feeling nervous. Next time, when I feel nervous I could use a deep breathing strategy to bring calmness to my body.</p> <p>Extension: Name some other strategies that you use to bring calmness to your body (e.g. walking, wrapping a blanket around yourself, listening to music, deep breathing). How might you teach or recommend these strategies to others?</p>

Body Outline:

