

# Physical and Health Education – Weekly Health Journal

<p><b>Curriculum:</b> Physical and Health Education</p>	<p><b>Learning Goals:</b> -Describe and assess strategies for promoting mental well-being, for self and others</p>
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<p><b>Materials</b></p>
<p>-Empty notebook or blank paper (to be used weekly as a health journal) -Pencil -Book: Listening to My Body by Gabi Garcia <a href="https://www.youtube.com/watch?v=B6Rik-TA-Q">https://www.youtube.com/watch?v=B6Rik-TA-Q</a></p>

## 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](#)
- 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).
- Student to pick one day this week to document listening to their body
- Draw a body outline in the Weekly Health Journal. Draw and label the things that they noticed while listening to their body that day (e.g. palms beginning to perspire, or heart begins to beat quickly).
- Name some strategies that you would use to bring calmness to your body when you begin to feel these things (e.g. walking, wrapping a blanket around yourself, listening to music, deep breathing).
- Create a calm chart or calm cards you can reference when you need a strategy to calm down. See example below:

 Walk my dog.	 Wrap myself in a blanket.
 Listen to music.	 Take some deep breaths.