

## Physical and Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Describe and assess strategies for promoting mental well-being, for self and others. -Explore the impact of transitions and change on self-identity
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### Materials

- Weekly Health Journal (or blank notebook to be used as weekly health journal)
- Pencil
- Short clip from the film Wonder <https://www.youtube.com/watch?v=zJMCctR8ivc>

### Activities

#### This week's focus: Celebrate Yourself!



- What is self-identity? Self-identity is the characteristics, qualities, and abilities we use to define ourselves.
- Sometimes transitions and changes impact a person's self-identity (moving schools, changes in puberty, being in different settings or situations, etc.). How might documenting or noticing moments of pride or accomplishments help you to maintain a positive self-identity during changes and transitions?
- This week in your Weekly Journal you will practice noticing moments of pride in your daily life, where these moments take place, if a transition or change impact your reaction/response, and how to celebrate yourself to promote mental well-being.
- Watch: Clip from the film Wonder <https://www.youtube.com/watch?v=zJMCctR8ivc>
- In this clip, the teacher asks the class to share two things they want the world to know about them. These two things are something that they are proud of and want people to know. What transitions or changes might impact what they share? How would this impact their self-identity?
- In the Weekly Health Journal, write about one accomplishment or moment each day this week that you are proud of and that you want to celebrate. Explain its importance. Think about and document what changes or transitions might change how you feel about this accomplishment.
- How does documenting your accomplishments and moments of pride feel? Do you think it is promoting your mental well-being? Why or why not?

#### Extension:

- Think of various transitions or changes that have occurred in your life. How have they impacted your self-identity?