


# Physical and Health Education & Core competency (Personal Awareness & Responsibility) – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education Core Competency – Personal Awareness & Responsibility	<b>Learning Goals:</b> -Identify and apply strategies that promote mental well-being -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions
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<b>Materials</b>
-Weekly Health Journal (or blank notebook to be used as weekly health journal) -Pencil -A favourite song -Device to play music on -Safe space for movement (indoors or outdoors)

<b>Activities</b>
<b>This Week's Focus: Feeling Music</b>

-Say & Ask: Think about your favourite music. What is your favourite song? -Find a quiet space. Put on your favourite song. Listen to the whole song. -How does this song make you feel? -Some people find that listening to music is a helpful strategy to use to promote their mental well-being. Do you think listening to music is a helpful strategy for you? Why or why not? -Get your Weekly Health Journal. Listen to your favourite song again. This time draw while listening to the song. What did you draw?
<b>Extension:</b> -Have your grown-up or sibling or peer listen to your favourite song. How does it make them feel? Is this the same or different than how it made you feel? -Ask your grown-up, sibling, or peer what their favourite song is. Listen to it together. How does it make you feel? How does it make them feel? Does it make you two feel the same or different?