


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

<b>Curriculum:</b> Physical and Health Education Core Competency – Personal Awareness & Responsibility (Self-regulation)	<b>Learning Goals:</b> -Identify and describe practices that promote mental well-being -Student will learn about perseverance
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<b>Materials</b>
-Weekly Health Journal (or blank notebook to be used as weekly health journal) -Pencil -Book: The Magical Yet by: Angela DiTerlizzi <a href="https://www.youtube.com/watch?v=qjQ3ITEz_LI">https://www.youtube.com/watch?v=qjQ3ITEz_LI</a>

<b>Activities</b>
<p style="text-align: center;"><b>This Week's Focus: The Power of Yet</b></p> <div style="text-align: center;"></div> <p>-Answer the following question in your Weekly Health Journal. What are five good reasons you should not give up? -What is perseverance? Perseverance is when you continue to do something even though it is difficult for you to do. -Using perseverance and hard work to become better at something is called using your growth mindset. American Psychologist Carol Dweck's theory of growth mindset is about holding the belief that you can learn more or become smarter if you work hard and persevere. Carol Dweck has used the phrase "the power of yet" when talking about growth mindset. Rather than saying "I can't do that" you reframe your thinking by saying "I can't do that <b>YET</b>". -Listen to <a href="#">The Magical Yet by: Angela DiTerlizzi</a> -What is something you want to become stronger at in your life? How can you persevere with this by using the magical Yet to help you?</p> <p><b>Extension:</b> -Think about a time you wanted to give up but instead persevered by using the magical Yet. Why did you decide to keep trying?</p>