


# 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> -Describe and assess strategies for promoting mental well-being, for self and others -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>

-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? -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. -Ask them how it makes them feel? How does it make you feel? Does it make you two feel the same or different? -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? Write down your response in your Weekly Health Journal -Create an illustration to add to the page where you wrote your response by listening to your favourite song again. What did you draw and why?
<b>Extension:</b> -Find a safe space. Listen to your favourite song and dance to it. What do you notice when you do this? How does it make you feel? -Ask your grown-up, sibling, or peer to join you. Ask them how it makes them feel.