

Core Competencies: Personal Awareness – Weekly Health Journal

Curriculum: Core Competency – Personal Awareness & Responsibility and Social Responsibility	Learning Goals: -Student will learn to recognize emotions by exploring feelings
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Materials

-Videos: Sesame Street – Mark Ruffalo – Empathy <https://www.youtube.com/watch?v=91Rt1R4xbM&feature=youtu.be> and The Present by Jacob Frey <https://youtu.be/96kl8Mp1uOU>
-Weekly Health Journal
-Pencil
-Pencil crayons/crayons

Activities

Focus: Empathy and Friendship



-Watch [Empathy](#) And [The Present by Jacob Frey](#)
-Think about the following questions. Write or draw your responses in your Weekly Health Journal.

- Is empathy a quality you would look for in a friend?
- What makes a good friend?
- What can you do to be a good friend?

Extension:

Think about the family and friends in your life. Who do you look up to and why? Do you share any traits with this person? Write or draw your response in your Weekly Health Journal.