

## Core Competencies: Personal Awareness – Weekly Health Journal

<b>Curriculum:</b> Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	<b>Learning Goals:</b> -Student will learn strategies to find peace in stressful times
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### Materials

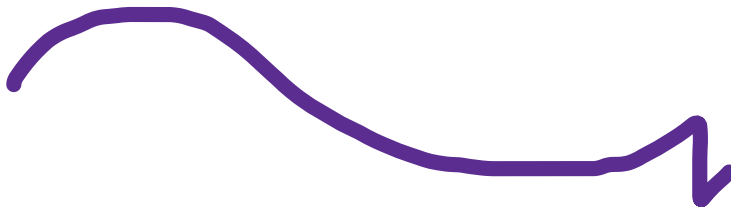
- Book: Beautiful Oops by Barney Saltzberg  
<https://www.youtube.com/watch?v=cUUSxgVGQxk>
- Extension book: Even Superheroes Make Mistakes by Shelly Becker  
<https://www.youtube.com/watch?v=stb-UQpgr2Y>
- Weekly Health Journal
- Pencil
- Pencil crayons/crayons

### Activities

#### Focus: Making Mistakes



- In your opinion, is it okay to make mistakes? Why or why not?
- Listen to [Beautiful Oops by Barney Saltzberg](#)
- After listening to this book has your answer to the above question changed?
- Think about the following questions:
  - Why is it important to make mistakes?
  - What would happen if you never made mistakes?
  - What would happen if the first mistake you ever made was when you were an adult?
- When is a time you made a mistake and learned from it? Write your response to this question in your Weekly Health Journal.
- Imagine* that you spilled something in your Weekly Health Journal and the result of the spill looks like the line below. Draw this line in your Weekly Health Journal. What can you create from this "mistake" that you found?



#### Extension:

- Listen to [Even Superheroes Make Mistakes by Shelly Becker](#)
- Think about and respond to this question in your Weekly Health Journal: If you could have one superpower what would it be and why? Draw or write your response.