

## Core Competencies: Personal Awareness – Weekly Health Journal

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

- Videos: What is Empathy? <https://youtu.be/icIIUdTEQnU> and The Present by Jacob Frey <https://youtu.be/96kl8Mp1uOU>
- Weekly Health Journal
- Pencil
- Pencil crayons/crayons

### Activities

#### Focus: Empathy and Friendship



- Watch [What is Empathy?](#) And [The Present by Jacob Frey](#)
- Think about the following questions. Write your responses in your Weekly Health Journal.
  - Is empathy a quality you would look for in a friend?
  - What makes a good friend? What qualities, characteristics, and traits are important pieces of being a good friend?
  - What can you do to be a good friend?
  - What qualities, characteristics, and traits do you have that make you 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 your response in your Weekly Health Journal.