

## 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>
- Video: Top 10 Accidental Inventions  
<https://www.youtube.com/watch?v=y1WlvNTN5I>
- 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 and respond to the following questions in your Weekly Health Journal:
    - 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?
  - Watch: [Top 10 Accidental Inventions](#)
  - In your Weekly Health Journal, write down a few ways that you personally may benefit or have benefited from making mistakes. Think of what you can tell yourself the next time you make a mistake.
- 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?