

## 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: 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 question. Put your responses in your Weekly Health Journal.
  - What can you do to be a good friend?
  - Draw a friend. What does your friend do that makes them a good friend?

#### Extension:

Think about the family and friends in your life. Who is important to you and why? Draw a picture of this person in your Weekly Health Journal.