

## Physical and Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Identify and apply strategies that promote mental well-being -Identify personal skills, interests, and preferences and describe how they influence self-identity.
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### Materials

- Empty notebook or blank paper (to be used weekly as a health journal)
- Pencil
- Book: I'm Proud of Myself by: Laurie Wright  
<https://www.youtube.com/watch?v=gBEtP6TxznQ>

### Activities

-Student will continue their Health Journal to document different components of healthy living each week.

#### This week's focus: Celebrate Yourself!



- Ask: What did you do today that you are proud of?
- Student will practice noticing moments of pride in their daily life and will practice celebrating themselves
- Read: [I'm Proud of Myself by: Laurie Wright](#)
- Ask: How do you feel when you notice the things you are proud of?
- Say: When you focus on things you are proud of you are creating a positive mind-set. This will help promote your mental well-being by getting you to think positively.
- In the Weekly Health Journal, student will draw one thing each day they did that they would like to celebrate.

#### Extension:

- Share your daily celebration with someone in your home. Ask your grown-up, peer, or siblings if they can name one thing they are proud of from their day.