


# Physical and Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Describe and assess strategies for promoting mental well-being. -Describe factors that positively influence mental well-being and self-identity
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<b>Materials</b>
-Empty notebook or blank paper (to be used weekly as a health journal) -Pencil -Book: I'm Proud of Myself by: Laurie Wright <a href="https://www.youtube.com/watch?v=gBEtP6TxznQ">https://www.youtube.com/watch?v=gBEtP6TxznQ</a>

<b>Activities</b>
-Continue using Health Journal to document different components of healthy living each week. <p style="text-align: center;"><b>This week's focus: Celebrate Yourself!</b></p>  <p>-What did you do today that you are proud of? -You will practice noticing moments of pride in your daily life and you will practice celebrating yourself. -Read: <a href="#">I'm Proud of Myself by: Laurie Wright</a> -How do you think you will feel when you notice the accomplishments or moments in life you are proud of? -When you focus on accomplishments or moments 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, draw one accomplishment or moment each day that you are proud of and that you want to celebrate. Write a sentence for each entry to explain why you are proud. -How does documenting your accomplishments and moments of pride make you feel? Do you think it is promoting your mental well-being? -Share your daily celebration with someone in your home.</p> <b>Extension:</b> -Think of one or two specific accomplishments or moments in your life that you would like the world to know about you. Share this with your grown-up, a peer, or siblings. Ask your grown-up, a peer, or siblings one or two things they would want the world to know about them.