

Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Describe and assess strategies for promoting mental well-being, for self and others. -Explore and describe how personal identities adapt and change in different settings and situations.
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Materials

- Weekly Health Journal (or blank notebook to be used as weekly health journal)
- Pencil
- Short clip from the film Wonder <https://www.youtube.com/watch?v=zJMCctR8ivc>

Activities

This week's focus: Celebrate Yourself!



- What did you do today that you are proud of? What situation or setting did this take place? Would you have felt different in a different situation or setting?
- People sometimes adapt or change their personal identities depending on specific situations or settings (school, home, with friends, strangers, etc.). This week in your Weekly Journal you will practice noticing moments of pride in your daily life, where these moments take place, and how to celebrate yourself to promote mental well-being.
- Watch: Clip from the film Wonder <https://www.youtube.com/watch?v=zJMCctR8ivc>
- In this clip, the teacher asks the class to share two things they want the world to know about them. These two things are something that they are proud of and want people to know. Do you think the teacher or any of the students would have shared different accomplishments in a different situation or setting? Why do you think this?
- How do you think you will feel when you notice the accomplishments or moments in life you are proud of?
- In the Weekly Health Journal, write about one accomplishment or moment each day that you are proud of and that you want to celebrate. Explain its importance. Document the setting or situation you were in while this occurred. Would you feel different in another setting or situation?
- How does documenting your accomplishments and moments of pride feel? Do you think it is promoting your mental well-being?

Extension:

- 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.

