


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Describe and assess strategies for promoting mental well-being
-----------------------------------------------------	-------------------------------------------------------------------------------------------

Materials
-Empty notebook or blank paper (to be used weekly as a health journal) -Pencil -Book: Listening to My Body by Gabi Garcia https://www.youtube.com/watch?v=B6Rik-TA-Q

Activities
-Student will continue their Health Journal to document different components of healthy living each week. <p style="text-align: center;">This week's focus: Listening to Our Body</p> <div style="text-align: center;">An illustration of a person with a yellow shirt, holding a red heart in their right hand and a brown brain in their left hand. The background is a dark brown color.</div> <p>-Listen to Listening to My Body by: Gabi Garcia</p> <p>-Ask: What did this book teach you? How does listening to our body promote our mental well-being?</p> <p>-Talk about what practices were in the book you listened to that will help to promote mental well-being (e.g. 2:48 in the book - taking a few deep breaths).</p> <p>-Student to pick one day this week to document listening to their body</p> <p>-Ask: What did you notice while listening to your body today?</p> <p>-Student will draw and label the things that they noticed while listening to their body (e.g. 1:24 in the book – wiggly and squirmy with ants in their pants) or student can draw and label facial expressions of the emotions they felt when they paid attention to their body.</p> <p>-Write a sentence to explain why listening to your body is important to your mental well-being.</p> <p>Extension:</p> <p>-Pick one specific thing they noticed their body did that day. What was happening at this moment? What emotion were you feeling? What strategies can you use when you feel this in your body?</p> <p>Example: My palms started to get sweaty and my heart was beating fast. This happened when I was introducing myself to my grown-ups friend. I was feeling nervous. Next time I begin to feel this way I can take five deep breaths or count down from 10 slowly in my head.</p>