


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Identify and apply strategies that promote mental well-being
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Materials
-Weekly Health Journal (or blank notebook to be used as weekly health journal) -Pencil -Book: In My Heart: A Book of Feeling by: Jo Witek https://www.youtube.com/watch?v=xflGHBwYx4

Activities
This week's focus: Noticing and Naming Feelings

-It is important for us to notice and name how we are feeling. Noticing and naming feelings will help us to promote our mental well-being. To be able to notice and name feelings we must understand specific emotions that we feel. -Listen to In My Heart: A Book of Feelings by: Jo Witek -At the end of the book – the author asks, “How does your heart feel?” Your job is to create your own page for this book in your weekly health journal. Ask yourself: How does your heart feel? Illustrate how your heart is feeling right now. Write down the feeling you are currently experiencing and an example of how it is making your heart feel. If you are unsure... look back in the book for inspiration and examples of feelings!
Extension: In the lesson this week “Exploring Emotions: Emotional and Overwhelmed”, you listened to a book about intense feelings. How does your heart feel when you have intense feelings or are feeling overwhelmed? Can you create an illustration and description for this feeling in your weekly health journal?