


Physical and Health Education & Core competency (Personal Awareness & Responsibility) – Weekly Health Journal

Curriculum: Physical and Health Education Core Competency – Personal Awareness & Responsibility (Self-regulation)	Learning Goals: -Identify and apply strategies that promote mental well-being -Student will learn about perseverance
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Materials
-Weekly Health Journal (or blank notebook to be used as weekly health journal) -Pencil -Book: The Magical Yet by: Angela DiTerlizzi https://www.youtube.com/watch?v=qjQ3ITEz LI

Activities
This Week's Focus: The Power of Yet

-Answer the following question in your Weekly Health Journal. What are five good reasons you should not give up? -What is perseverance? Perseverance is when you continue to do something even though it is difficult for you to do. -Using perseverance and hard work to become better at something is called using your growth mindset. American Psychologist Carol Dweck's theory of growth mindset is about holding the belief that you can learn more or become smarter if you work hard and persevere. Carol Dweck has used the phrase "the power of yet" when talking about growth mindset. Rather than saying "I can't do that" you reframe your thinking by saying "I can't do that YET ". -Listen to The Magical Yet by: Angela DiTerlizzi -Think about a time you wanted to give up but instead persevered by using the magical Yet. What happened during this scenario? What was the outcome of your perseverance? Write about this experience in your Weekly Health Journal.
Extension: -What is something you want to become stronger at in your life? How can you persevere with this by using the magical Yet to help you?