


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

<b>Curriculum:</b> Physical and Health Education Core Competency – Personal Awareness & Responsibility	<b>Learning Goals:</b> -Describe and assess strategies for promoting mental well-being, for self and others -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions
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<b>Materials</b>
-Weekly Health Journal (or blank notebook to be used as weekly health journal) -Pencil -A favourite song -Device to play music on -Safe space for movement (indoors or outdoors)

<b>Activities</b>
<b>This Week's Focus: Feeling Music</b>

-Watch: <a href="https://www.youtube.com/watch?v=mEQI32SIXY">https://www.youtube.com/watch?v=mEQI32SIXY</a> -In the video, we are taught that it is imperative to notice and name our emotions to promote our mental well-being. The video also presents the link between music and emotion. Think about your favourite music and your favourite song. Does this music or song evoke an emotional response? -Find a quiet space. Put on your favourite song. Listen to the whole song. Notice if you have an emotional response to this song. -Some people find that listening to music is a helpful strategy to use to promote their mental well-being. Do you think listening to music is a helpful strategy for you? Why or why not? Write down your response in your Weekly Health Journal -The video also explains that dancing to music can promote mental well-being. Pick a song to dance to. Notice how you feel before and after dancing.
<b>Extension:</b> -Ask your grown-up, sibling, or peer to listen to their favourite song. Ask them how it makes them feel. Does this song make you feel the same way? -Do you think music will have the same emotional response for every person? Why or why not?