


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

<b>Curriculum:</b> Physical and Health Education Core Competency – Personal Awareness & Responsibility (Self-regulation)	<b>Learning Goals:</b> -Describe and assess strategies for promoting mental well-being, for self and others -Student will learn about perseverance
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<b>Materials</b>
-Weekly Health Journal (or blank notebook to be used as weekly health journal) -Pencil

<b>Activities</b>
<p><b>This Week's Focus: The Power of Yet</b></p>  <p>-Answer the following question in your Weekly Health Journal. What are five good reasons you should not give up? -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 referencing growth mindset. Rather than saying "I can't do that" you reframe your thinking by saying "I can't do that <b>YET</b>". This growth mindset and the power of yet "creates a love of learning and resilience that is essential for great accomplishment" (Dweck, 2015). She believes that it is through perseverance, and effort you can refine your talents and abilities. -Watch: <a href="https://www.youtube.com/watch?v=zLYECIjmnQs">https://www.youtube.com/watch?v=zLYECIjmnQs</a> What would have happened if these famous people had not used growth mindset? -Think about a time you wanted to give up but instead persevered. What happened during this scenario? What was the outcome of your perseverance? Write about this experience in your Weekly Health Journal.</p> <p><b>Extension:</b> -Watch the following 3D Animated Short Film "Soar" by: Alyce Tzue <a href="https://www.youtube.com/watch?v=UJlaseGrkLc">https://www.youtube.com/watch?v=UJlaseGrkLc</a> -Imagine you oversee writing the dialogue for this short film. What would you write? How might what you write inspire a viewer to use their growth mindset?</p>