


# Physical and Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Describe and assess strategies for promoting mental well-being, for self and others.
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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>*Before beginning this lesson, please complete the Exploring Emotions – Emotional &amp; Overwhelmed lesson*</p> <p style="text-align: center;"><b>This week's focus: Feeling Overwhelmed</b></p> <div style="text-align: center;"></div> <p>-When you are feeling overwhelmed it is often because something affects you strongly and you are unsure how to deal with it. This could be causing you to feel an intense emotion that you are also unsure how to manage.</p> <p>-Think about the Exploring Emotions – Emotional &amp; Overwhelmed lesson you completed this week. Think about what strategies you learned about that can help with the feeling of being overwhelmed (e.g. Box Breathing). Do you think these strategies would help you when you are feeling overwhelmed? If not, what strategies would best suit you during this feeling? This week in your Weekly Journal you will pick a sentence starter to complete a paragraph about feeling overwhelmed.</p> <p><u>Sentence Starters:</u></p> <ul style="list-style-type: none"><li>- When I feel overwhelmed, what feels most important to me is ...</li><li>- A strategy I can use when I am feeling overwhelmed is ...</li></ul> <p>Make sure to explain your answers.</p> <p><b>Extension:</b> Think of how you might teach a peer, sibling, or your grown-up about the strategies you can use to help when you feel overwhelmed. Will the same strategy that helped you help another person? Why or why not? Ask your peer/sibling/grown-up what strategies they use when they feel overwhelmed.</p>