

Expectations: Grade 1

Health: A1.3 Apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope (e.g., Active Living: show openness to trying different ways of being physically active; Movement Competence: show enthusiasm for trying out new skills and a willingness to persevere as they practice them; Healthy Living: reframe feelings of worry about situations that concern them, such as fearing they might burn themselves on the stove, by having a safety procedure in place).

Language: D1.2 Generate ideas about given and chosen topics, using simple strategies and drawing on various resources, including their own lived experiences, and learning from other subject areas.

Look closely at this picture.



The child is feeling afraid to sleep in his bed. The voice in the story tells the boy that just because we think of a fear, doesn't mean the fear will come true. The boy learns to feel comfortable and safe. He falls asleep peacefully.



Melanie
THE EDUCATOR



Draw and/or write about a worry that you have had. Explain how you overcame your worry.



Once I was afraid of _____

Something that helped me solve my worry was _____



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