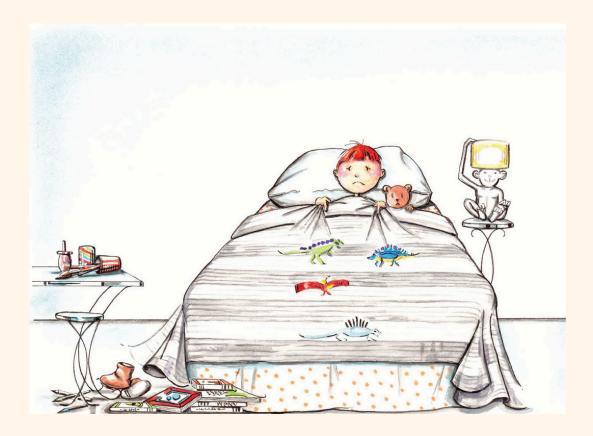
## **Expectations: Grade 1**

Health: Al.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.







aw and/or write a	bout a worry that y	vou have had. Expl	ain how you overcan	ne your worry.	
ce I was afraid of					
nething that helpe	ed me solve my worr	ry was			
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THE EDUCATOR