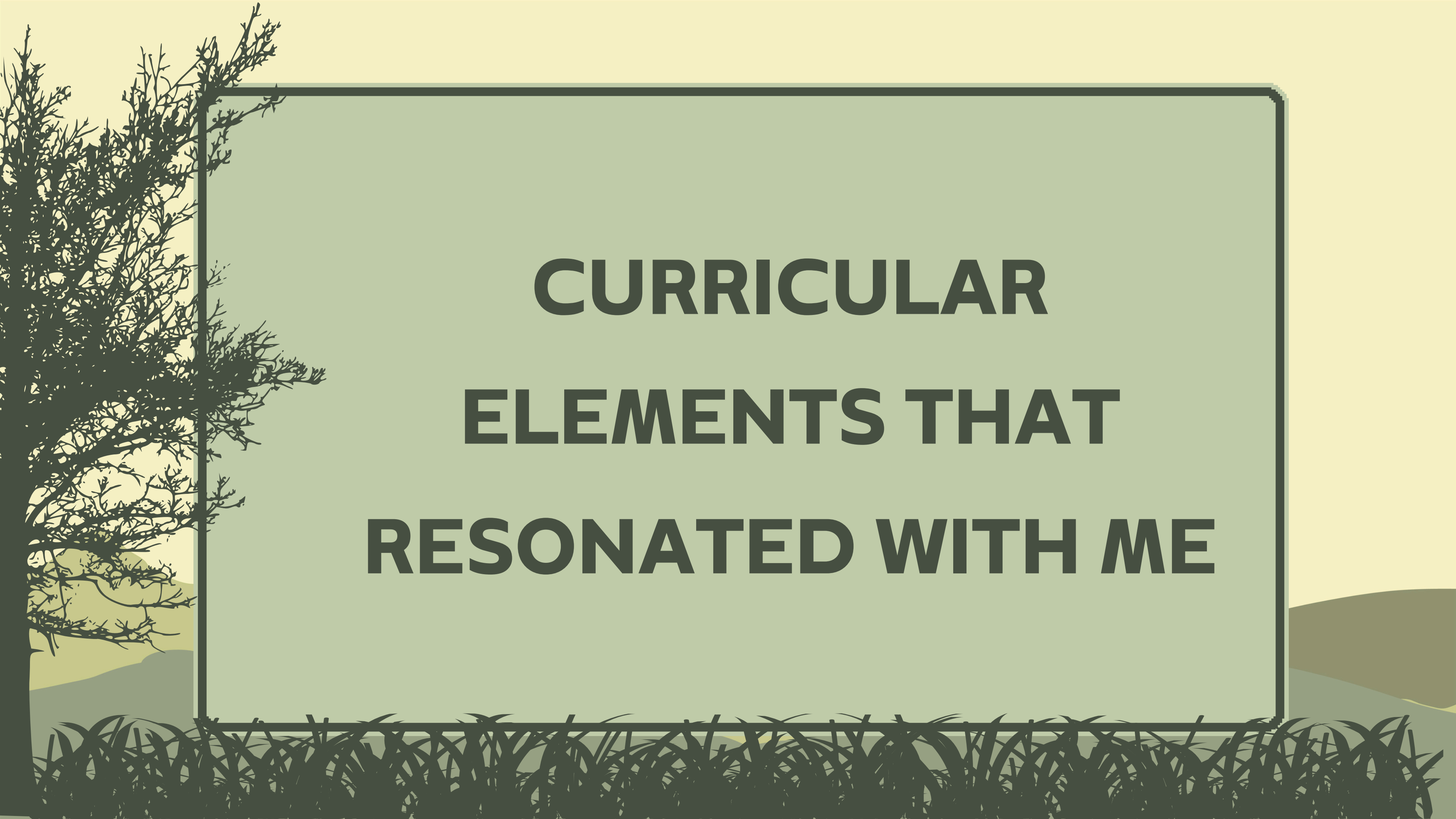




MY CREATIVE REFLECTION

Presented By: Tanya Blackall



**CURRICULAR
ELEMENTS THAT
RESONATED WITH ME**



BIG IDEAS

- Understanding our strengths, weaknesses, & personal preferences helps us plan & achieve our goals.
- Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.
- Personal fitness can be maintained & improved through regular participation in physical activities.
- **Healthy choices influence, and are influenced by, our physical, emotional, & mental well-being.**

CURRICULAR COMPETENCIES

PHYSICAL LITERACY

- Apply methods of monitoring & adjusting exertion levels in physical activity
- Demonstrate safety, fair play, & leadership in physical activity
- **Identify & explain motivational factors influencing participation in physical activities**



CURRICULAR COMPETENCIES

MENTAL WELL-BEING

- Evaluate & explain strategies for promoting mental well-being

And the BIG ONE for me:

- **Describe the relationship between physical activities, mental well-being, & overall health**

MY PAINTING: A REFLECTION

- Moving from dark to light/colour
 - Dark represents my mood when I'm down/tired or not motivated
 - Moving into lighter colours represents how I feel better as I move my body
- The colour flecks/streaks
 - Breakthrough moods on different days
- The orange/yellow
 - There's a light coming up so mood is rising
- The pinks/purples
 - New motivations & things to be happy about

REFLECTION CONTINUED

- I've suffered with anxiety for most of my life and physical movement becomes important for me because it boosts emotions
- The winter is the worst with lack of sunshine
- Getting older has been hard with mobility decreasing & time always being short
- Swimming was always my go-to but with shoulder issues now, I can't swim like I once did :-{
- Mental health is, in my opinion, one of the most important things in anyone's life so it needs to be a priority - It needs to be taken seriously!

CONCLUSION

- It's hard getting older :-)
- Remember there are factors that you cannot see that influence people's decisions & emotions
- Take one day at a time
- I love to paint! (a side note :-)



THANK YOU!

