

Self-Care

Grades 4-7

Physical and Health Education, Language Arts and Arts Education

Purpose of the Lesson

Taking the time for self-care is an important key to promoting good mental health. In particular, during tough times like COVID-19 it is important to find activities that will engage different aspects of self-care including: physical, emotional, mental, and relationship. Paying attention to all of our senses (see, hear, touch, smell, taste) and what soothes us is also helpful. In this lesson, students will watch a short video clip where middle school students share their tips for self-care. Following this video and class discussion, students will get to create their own self-care wheel and plan to practice balancing each area of self-care.

Curriculum Competencies:

Physical and Health Education

- ◇ Identify and describe factors that influence healthy choices (Grade 4)
- ◇ Describe and assess strategies for promoting mental well-being (Grade 4)
- ◇ Describe factors that positively influence mental well-being and self-identity (Grade 4)
- ◇ Analyze and describe the connections between eating, physical activity, and mental well-being (Grade 5)
- ◇ Identify and apply strategies to pursue personal healthy-living goals (Grade 7)
- ◇ Describe and assess strategies for promoting mental well-being, for self and others (Grade 5/6/7)

Language Arts

- ◇ Use writing and design processes to plan, develop, and create texts for a variety of purposes and audiences (Grade 4/5)

- ◇ Use writing and design processes to plan, develop, and create engaging and meaningful literary and informational texts for a variety of purposes and audiences (Grade 6/7)

Arts Education

- ◇ Express, feelings, ideas, and experiences in creative ways & through the arts (Grade 4/5/6/7)

First Peoples Principles of Learning:

- ◇ Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors
- ◇ Learning requires the exploration of one's identity

Video

Self-Care in Middle School link [HERE](#)

Warning: this video talks a bit about a student's experiences identifying as gender non-binary and some self-harm. At Stigma-Free Society we believe these conversations are important to have to reduce stigma.

Guiding Questions:

- ◇ In what situations might we need to focus on self-care? (What did the students each share?)
- ◇ What activity ideas did some of the students share for self-care?
- ◇ What senses do these activities engage? (Touch, sight, smell, hearing, taste.)
- ◇ What are some other fidget tools have you seen at school? (Stress ball, slime, breathing ball, bracelets, fidget cube, elastics etc.)
- ◇ How do physical activities help with our self-care? (Example, sports)
- ◇ What are some limits and boundaries that you should be aware of? (Example, trigger words, touch, name calling, healthy friendships, giving others space when they are upset)

Step-by-Step Lesson Plan

1. Watch the video Self-Care in Middle School. You can find the video [HERE](#). This video shows several students speaking out about their own experiences of stress and overwhelming feelings. They each provide some different self-care suggestions on what works well for them.
2. **Pause while playing the video and use the Guiding Questions to spark discussion.**
3. **Discuss the curricular objectives for this lesson with your class.**
Ask the class if they can think of any more ways to take care of their mental health. Here are some guiding questions to help:
 - *What are some things they notice their caregivers doing at home that might be considered "self-care"?*
 - *What are some examples of healthy choices that promote mental health?*
 - *What are some strategies that can be used to achieve personal healthy-living goals?*
3. **Follow-up Activity:** Have students complete their own self-care wheel using the template below - print it in landscape view. Use the teacher instructions and ideas template below to guide the class.
4. **Other Suggestions:** Have your students check out the activity ideas on the Student Mental Health Toolkit - then write a journal reflection on how these activities were good for their self-care. Find the activity suggestions [HERE](#).
5. **Lesson Closure:** Share some ways that adults use self-care and how it is important for their overall mental health (having a hot bath, lighting candles, using essential oils, connecting with their friends/colleagues or a counsellor, having a tea or coffee after work etc.). Allow students time to browse the Student Mental Health Toolkit for more ideas and resources to support their mental health.

My Self-Care Wheel Instructions for Teachers:

- Print the self-care wheel template in landscape format (see below).
- Have a conversation with your students about what self-care means (taking a break/relaxing to benefit our mind) and why it is important (so our body can de-stress & for positive mental health).
- Explain that the template is in a wheel because we want to work on balancing each of these areas (ex, sometimes we focus more on physical & emotional and forget mental & relationship).
- Use the ideas table to share some common ways to take care of each of these areas of self-care. Prompt your student to see if they can think of any more!
- Add doodles beside each item & colour your wheel afterwards.
- Display it at home as a reminder to take time for self-care!

Self-Care Wheel Ideas for Teachers:

<u>Physical</u>	<u>Emotional</u>
<ul style="list-style-type: none">-dance party-roller blade-go for a walk-swim-bike ride-boxing-hike-have a bath-yoga.-get enough sleep	<ul style="list-style-type: none">-write kind notes.-read-talk about feelings.-draw-tell jokes.-laugh-journal-cry-watch a funny movie-identify emotional triggers-practice gratitude.
<u>Mental</u>	<u>Relationship</u>
<ul style="list-style-type: none">-connect with nature-write-volunteer-garden-make a vision board.-meditate-break from electronics-paint-colour a mandala.-self-reflect-memory games-fun hobby	<ul style="list-style-type: none">-Connect with relatives-Spend time with pets-Ask for help when you need it-Rec time with friends/family-family dinners-plan a bbq-plan game nights-join a team

See self-care wheel document to print in landscape format so student have more room to write their ideas

My Self-Care Wheel

