

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)

Physical Education

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

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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)

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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?

4) 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.

5) 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](#).

6) 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.

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My Self-Care Wheel Instructions for Teachers

1. **Print the self-care wheel template** in landscape format (see below).
2. **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).
3. **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).
4. **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!
5. **Add doodles** beside each item & colour your wheel afterwards.
6. **Display it** at home as a reminder to take time for self-care!

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Self-Care Wheel Ideas for Teachers:

<p style="text-align: center;"><u>Physical</u></p> <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	<p style="text-align: center;"><u>Emotional</u></p> <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.
<p style="text-align: center;"><u>Mental</u></p> <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	<p style="text-align: center;"><u>Relationship</u></p> <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

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Self-Care Wheel Ideas for Teachers:

My Self-Care Wheel

