

Self-Care

Grades 8-12

Physical and Health Education, Language Arts and Arts Education

Purpose of the Lesson

Taking the time for self-care is an important key for 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 them is also helpful. In this lesson students will watch a short video clip where high 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 apply strategies to pursue personal healthy-living goals (Grade 8/9/10)
- ◇ Describe and assess strategies for promoting mental well-being, for self and others (Grade 8/9)
- ◇ Explore and describe the impact of transition and change on identities (Grade 8)
- ◇ Explore and describe factors that shape personal identities, including social and cultural factors (Grade 9/10)

After Grade 9, Physical and Health Education becomes an elective and divides into more specific courses. However, this lesson plan can still be used in classrooms for Grades 10-12.

Language Arts

- ◇ 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 8/9)

After Grade 9 Language Arts divide into a more specific curriculum. This lesson could be used in Creative Writing or Spoken Language 10/11/12

Arts Education

- ◇ Take creative risks to experience and express feelings, thoughts, ideas, and experiences (Grade 8/9)

This lesson can also be used in Art Studio 10/11/12.

Career Education

- ◇ Recognize the impact of personal public identity in the world of work (Grade 8/9)

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 High School link [HERE](#).

Guiding Questions:

- ◇ What kinds of pressures did the high school students share that they face?
- ◇ What is your definition of "stress"?
- ◇ How does stress feel in your body?
- ◇ What are some ways to release the stress and pressure of high school (activity ideas- Netflix, hanging out with friends, working out, getting nails done, facial, etc.)
- ◇ What senses do these activities engage? (touch, sight, smell, hearing, taste)
- ◇ How do you think that physical activities help with our self-care (example, sports)
- ◇ What is resilience?
- ◇ What are two important roles of resilience?

Step-by-Step Lesson Plan

1. Watch the video Self-Care in High 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 separate template attached- print it in landscape view. Use the teacher instructions and ideas template below to guide the class. **Activity Extension:** Have students create their own TikTok sharing some of their self-care tips- have them save their video to e-mail to the teacher and share with the class on the projector if they are comfortable sharing.
4. **Other Suggestions:** Have your students check out the teen 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>
-dance party	-write kind notes.
-roller blade	-read
-go for a walk	-talk about feelings
-swim	-draw
-bike ride	-tell jokes.
-boxing	-journal
-hike	-watch a funny movie
-have a bath	-laugh
-yoga.	-identify emotional triggers
-get enough sleep	-practice gratitude
	-cry

Mental

- connect with nature.
- write
- volunteer
- garden
- make a vision board.
- meditate
- break from electronics
- paint
- colour a mandala.
- self-reflect
- memory games.
- fun hobby

Relationship

- 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

My Self-Care Wheel



