

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 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 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

SELF-CARE



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) Physical Education

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?

SELF-CARE



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:

- a. What are some things they notice their caregivers doing at home that might be considered "self-care"?
- b. What are some examples of healthy choices that promote mental health?
- c. 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 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.

5) 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](#)

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.

SELF-CARE



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!

SELF-CARE



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

SELF-CARE



Self-Care Wheel Ideas for Teachers:

My Self-Care Wheel

