

SELF-CARE FOR HIGH SCHOOL



Grades 4-7

Self-Care for High School

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 relationships. 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:

Health and Physical Education (Grade 4-7)

- 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 (Grade 4-7)

- 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 (Grade 4-7)

- 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.

SELF-CARE FOR HIGH SCHOOL



Grades 4-7

Self-Care for High School

Physical and Health Education, Language Arts, and Arts Education

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, unhealthy friendships, giving others space when they are upset).

SELF-CARE FOR HIGH SCHOOL



Step-by-Step Lesson Plan

Preparation: Print the “Self Care Wheel” worksheet attached below

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.

SELF-CARE FOR HIGH SCHOOL



My Self-Care Wheel Instructions for Educators

1. **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).
2. **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).
3. **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!
4. **Add doodles** beside each item & colour your wheel afterwards.
5. **Display** it at home as a reminder to take time for self-care!

SELF-CARE FOR HIGH SCHOOL



Self-Care Wheel Ideas

<u>Physical</u>	<u>Emotional</u>
-dance party -roller blade -go for a walk -swim -bike ride -boxing -hike -have a bath -yoga. -get enough sleep	-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>
-connect with nature -write -volunteer -garden -make a vision board. -meditate -break from electronics -paint -colour a mandala. -self-reflect -memory games -fun hobby	-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 FOR HIGHSCHOOL



My Self-Care Wheel

