

Caring

This is the first week of our Caring unit. Students will focus on self-care and explore the concepts of both physical and mental self-care.

Begin the unit with the whole class lesson and then aim to complete at least two of the mini lessons with your students throughout the week. Each mini lesson is designed to present elements of the main lesson in new and engaging ways.

Main Lesson

Whole Class Lesson
30 minutes



Self-Care Scattered Categories

In this unit, we are moving on to the concept of caring. This word is not unfamiliar to you at this point in your life; you have been caring for yourself and possibly for others for quite some time! For this unit, caring is defined as providing care and showing concern for both ourselves and those around us. (See page 2 for lesson details.)

Mini Lessons

For Small Groups
15 minutes



Self-Care Checklist

Divide the class into groups of 4-6. Have each group create a Self-Care checklist for teens. Explore the topic of both mental and physical self care. Your list must have 10+ items with at least 5 under both categories.

For Partners
15 minutes



Daily Priorities

With your partner, write out a list of everything you must accomplish today after school. Make sure you include homework, chores, family time, etc. Once you have your lists in place, go back and ensure that you have time for self care in your schedule. Add at least one physical and mental activity that focuses on taking care of yourself.

For Individuals
15 minutes



Self-Care Assessment

What is one area of self-care you need to spend more time on? On an index card, identify that area and write a positive statement encouraging yourself to complete it daily. On the back of the card, make 7 boxes. Commit to targeting this area 5 out of the next 7 days.

Technology-Focused
15 minutes



Real Life vs. Media

How can technology interfere with your physical self care? Divide into small groups and identify one way that technology can decrease physical activity. Create a poster with an illustration and catch phrase motivating the reader to put physical activity BEFORE or IN COMBINATION with technology. It's time to be active.

Self-Care Scattered Categories

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Lesson Timeframe

30 minutes

Required Materials

- Scattered Categories Handout
(1 for each group)
- Pencils

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Explore how they currently demonstrate self-care in both physical and mental ways
- Create a personal goal for increasing self-care as a part of their daily routine

Teacher Connection/Self-Care

Welcome to the Caring Unit! In this unit, we will talk about a number of concepts related to caring: compassion, empathy, and gratitude. Let's begin this unit like we did the Respect unit and look at how we care for ourselves. What does self-care look like for you? Exercise? Planning ahead so you are less stressed? Meditation? Prayer? Time with family and friends? Reading for fun? What does it look like at school? Eating a healthy lunch? Walking with students during a free period? (Does your school have a walking program? If not and this fuels your self-care, maybe you could start one!) Like respect, if students don't see us modeling self-care, they won't do it themselves. So, think about how you can model self-care at school and then set an intention to actually do it. Communicate this intention with students so they know that you are engaging in the practice of self-care just like you will be asking them to engage in self-care.



Share

3-5 minutes

In this unit, we are moving on to the concept of caring. This word is not unfamiliar to you at this point in your life; you have been caring for yourself and possibly for others for quite some time!

What are some basic ways you practice self-care at school? Invite student responses

Since this topic is not completely brand new to us, we will use this time to discuss the importance of self care and how vital it is to our overall health.



Inspire

5-7 minutes

Self Care is how we care for ourselves physically, mentally, and emotionally. This includes basic needs such as caring for our body, eating healthy, and getting enough sleep. Often times we don't even think about how those simple, everyday things affect our mental or emotional health.

Let's look at getting enough sleep and the effect it has on the rest of your life. What happens when you aren't able (or choose not to) get enough sleep for one night? How might you behave the next day?

What happens if you go 2-3 days without enough sleep? How might your behavior change? How do you think you would do on a major test or at an important game?

Your examples show a strong connection between physical and mental/emotional health. All we neglected was a little sleep, right? However, sleep allows your body to rest, organize thoughts from the day, and even problem solve! Lack of sleep causes not only crankiness, but also makes you more clumsy and takes away your focus and ability to learn.

As you can see just from this one area, self care is extremely important to help you stay healthy and to care for yourself. You can't care for others very well if you don't care for you first!



Empower

15 minutes

Explain that the class will now play a game to explore different ways that each of us currently practice self care. Divide your class into groups of 2-3. Review the rules for scattered categories:

Each pair will receive a Scattered Categories handout.

You will see 10 different categories on your board. Every group has the same categories.

I will announce a specific letter at the beginning of each round. Every answer on your board must begin with this letter. Proper nouns and people's names are not allowed.

You will have 3 minutes to fill out as many categories on your board as possible.

Your goal is to come up with unique answers that others don't have. Your answers might end up being silly, but they must be appropriate for school as well.

After each round, we will review the answers as a whole class. IF your answer was used in another group, you must cross it out.

After all the answers are reviewed, count up the number of UNIQUE answers your group has. The group with the highest number wins that round!

We will play 2-3 rounds of the game depending on time constraints..



Reflect

5-7 minutes

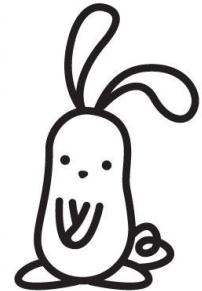
As a class, discuss why self-care can be so difficult at times. Examples include: We get busy and forget ourselves, we don't make time to properly care for ourselves physically AND mentally, we don't see the value, etc.

This week, make a commitment to spend 5 extra minutes everyday on YOU. You are a valuable member of our class, your family, and our community. Take time for you and report back to us on how it felt to consciously carve out time.

Remember! All your answers must begin with the same letter!

_____ Round 1 Letter

- One way to show self-care..... _____
- One way to show self-care in my appearance..... _____
- One way to show self-care in my eating habits..... _____
- One way to show self-care in my hygiene..... _____
- One way I take care of myself before bed..... _____
- One way I take care of myself at school..... _____
- One way to make yourself feel better when you feel overwhelmed..... _____
- One way I take care of myself every morning..... _____
- My favorite thing to do when I'm alone..... _____
- One place I can visualize to calm down..... _____



Remember! All your answers must begin with the same letter!

_____ Round 2 Letter

- One way to show self-care..... _____
- One way to show self-care in my appearance..... _____
- One way to show self-care in my eating habits..... _____
- One way to show self-care in my hygiene..... _____
- One way I take care of myself before bed..... _____
- One way I take care of myself at school..... _____
- One way to make yourself feel better when you feel overwhelmed..... _____
- One way I take care of myself every morning..... _____
- My favorite thing to do when I'm alone..... _____
- One place I can visualize to calm down..... _____



Remember! All your answers must begin with the same letter!

_____ Round 3 Letter

- One way to show self-care..... _____
- One way to show self-care in my appearance..... _____
- One way to show self-care in my eating habits..... _____
- One way to show self-care in my hygiene..... _____
- One way I take care of myself before bed..... _____
- One way I take care of myself at school..... _____
- One way to make yourself feel better when you feel overwhelmed..... _____
- One way I take care of myself every morning..... _____
- My favorite thing to do when I'm alone..... _____
- One place I can visualize to calm down..... _____

