



LESSON

2

Taking Care of Ourselves Unit Grade 5 • Ages 10-12

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes

MATERIALS

Caring for Ourselves and Our Emotions
sheet, one for each student

Chart paper

RAK Journals

[Kindness Concept Posters](#) for
Self-Care and Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.5.1; Colorado: Comprehensive
Health S.3, GLE.1, EO.c; Reading,
Writing and Communicating S.1, GLE.2,
EO.a,b,c

[Learning standards key](#)

Caring For Ourselves and Our Emotions

Students will explore healthy ways to care for
their own mental and emotional health.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

The World Health Organization defines Health as: a state of complete physical,
mental and social wellbeing.

The World Health Organization defines Mental Health as: a state of well-being in
which every individual realizes his or her own potential, can cope with the normal
stresses of life, can work productively and fruitfully, and is able to make a contribu-
tion to her or his community.

Emotional Well-Being: The ability to use, value and understand your emotions in a
way that helps you live a productive life.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and
increase understanding.

SELF-CARE Taking care of yourself through kind
words, actions and thoughts.

RESPECT Treating people, places, and things with kindness.

MENTAL HEALTH Our ability to deal with the
stresses of everyday life.

EMOTIONAL WELL-BEING How you understand, use and express
your emotions in a productive way.



The RAK paradigm is the framework for teaching and building kindness skills.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Writing an example of an unhealthy and a healthy way to treat ourselves to help start the discussion; then provide an opposite example. E.g., fighting with a friend vs. talking it out
- Show some magazine pictures or picture cards that illustrate how people care or don't care for themselves (for visual learners)
- Writing the definitions for mental and emotional health on the board as reference and reminding students that emotional well-being supports mental health.

Resources

Article: Emotional well-being and its relation to health: Physical disease may well result from emotional distress <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1114432/>.

Share (2 mins)

Share with a partner your emotions word list from the Our Emotional Selves lesson. See how many you had different and how many you had the same. Alternatively, talk with a partner about what you think the word self-care means.

Inspire

Mental and Emotional Health (5 mins)

*We have been talking about what influences our **feelings and emotions**. Today, we are going to do an activity where we think about how **to care for our minds, bodies and emotions**. Another way to say this is learning to take care of our **mental health** (our ability to deal with the stresses of everyday life) and **emotional well-being** (how you understand, use and express your **emotions** in a productive way.) There are healthy and unhealthy ways to care for our **mental health and emotional well-being**, which can impact how we feel. What are some unhealthy ways we can treat ourselves?*

Allow students to discuss in small groups (if desired). Then, discuss as a class.

Empower

Caring for Ourselves (15 mins)

*Now let's think about something else. What are some healthy ways we can take **care of ourselves**?*

Allow students to discuss in small groups (if desired). Then, discuss as a class and write on the board or chart paper two columns labeled feelings and behaviors. Record their ideas for **self-care** in each column.

*Now we are going to talk about some other ways that we can care **for ourselves** and our **emotions**.*

Hand out the Caring for Ourselves and Our Emotions sheet. Then divide the students into pairs.

With your partner, discuss what these tips for **self-care** mean and some ways that you can follow the tips.

After students have completed the activity sheet, give them time to use the two columns you created to write answers they came up with.

Then discuss what students wrote on the posters. Explain that they will be taking their Caring for Ourselves and Emotions sheet home to discuss with their parents, guardian or the adult they live with.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What is **self-care**?
- What is **emotional well-being**?
- What is **mental health**.

Reflection Questions

- How can these tips help you be kind to yourself?
- Why do you think it's important to be kind to yourself?
- Do you think **mental health** is as important as physical health? Why?

Summary

Today we talked about some healthy ways we can take care of ourselves. Treating yourself in a kind manner helps to maintain your mental and emotional well-being! That's a self kindness.



Act (2 mins)

Kindness Minute

Sometimes people need a reminder that they should treat themselves as nicely as they treat others. Turn to the person next to you and ask them about something they are looking forward to doing this week or this weekend.

Kindness in Action

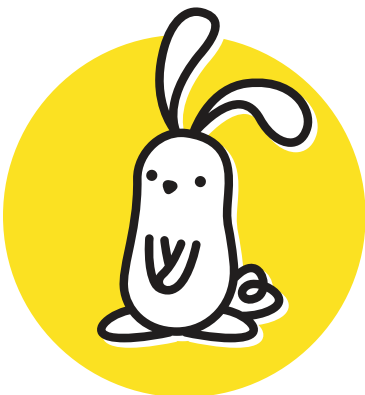
Have students take home the completed Caring for Ourselves and Our Emotions worksheet and the Home Extension Activity sheet.

Ask them to discuss some of the tips and ways they can try these tips with their parent, guardian, or an adult they live with and also answer the questions on the Home Extension Activity sheet.

After a week of trying these techniques discuss the following with the students:

- Did you try any of these tips at home? Did they help you manage your feelings in a way that showed kindness to yourself?
- What are some ways to handle anger or negative feelings?
- What ways did your family discuss that they could support you?

Encourage students to continue practicing these techniques and check-in with them regularly about whether they are helping them manage emotions more effectively.



Caring for Ourselves and Our Emotions

Directions: Below are some tips for staying mentally and emotionally healthy. With your partner, discuss what each tip means and ways you can try this tip. Write your own answers in the space provided.

Tip	What does this mean?	What are some ways you can try this?
1. Give your brain a break.		
2. Exercise your brain.		
3. Eat healthy.		
4. Notice and feel your feelings.		
5. Don't avoid your problems.		
6. Accept the sad or bad things that happen in your life.		
7. Help yourself to feel better.		

Home Extension Activity

NAME

PLEASE RETURN BY

Background

As part of the Random Acts of Kindness program, we have been talking in class about taking care of ourselves, and how doing so affects how we feel. We discussed the following tips:

- Give your brain a break.
- Exercise your brain.
- Eat healthy.
- Notice and feel your feelings.
- Don't avoid your problems.
- Accept the sad or bad things that happen in your life.
- Help yourself to feel better.

Vocabulary Words

SELF-CARE Learning how to take care of yourself. Using nice words when you think or talk about yourself.

RESPECT Treating others as you would like to be treated.

Instructions

Please review the vocabulary words above and the Caring for Ourselves and Our Emotions worksheet with your student. Then discuss the following questions and write or have your student write responses below or on the back and return to school by the date shown:

Do you think these tips can help you? What specific ways are you going to try to use these tips this week to show kindness to yourself?

What are some ways that we can learn to handle our anger or negative feelings?

How can we support you at home?

