

Self-Care Top 10 List

KINDNESS BEYOND THE CLASSROOM™
WHOLE GROUP • OPTION 1 • CARING

Lesson Timeframe

25-30 mins

Materials

- ❑ Paper
- ❑ Markers/Crayons
- ❑ Copy Machine (optional)
- ❑ Caring poster (optional)



Share

Discuss that caring begins with yourself first! You cannot expect to care for others if you don't first take care of YOU.

Define caring: CARING IS FEELING AND SHOWING CONCERN FOR YOURSELF AND OTHERS. (Show the Caring poster if desired.)

Brainstorm ways you care for yourself when you get ready for school.

- What are you responsible for by yourself?
- How do you take care of your mind and body?

Ask volunteers to share one way to demonstrate self-care (caring for yourself) when getting ready in the morning. Aim for 2-3 volunteers of different ages.



Inspire

Explain that today we will create a list of different ways to practice self-care at home..

Self-Care is broken into 2 categories:

- **Taking care of your body:** This might include personal hygiene, changing your clothes, brushing your teeth, etc. Some of these things you are already responsible for, while others still require help.
- **Taking care of your mind:** This is what we call mental health. Taking care of your mind focuses on how you think and feel. When you say kind things to yourself, get enough sleep, and surround yourself with friends who make you feel good, you are taking care of your mind!



Empower

Divide the group up into rows based on grade level. Lump grades together if needed (such as K-1, 2-3, 4-5, etc.)

Explain that the large group will work to create a Caring Top 10 List on how to practice self-care at home. Each grade level will need to add at least one idea to the list.

Beginning with the youngest grades, ask each row to answer the following prompt: **I practice self-care at home by...** Repeat until every grade has offered at least one suggestion. The goal is 10 ideas!

Write the list down on a piece of paper). If possible, make copies of the list and send it home for each student to practice!



Reflect

Guide a whole group conversation around SELF-CARE.

- What is caring?
- What is self-care?
- Why is it important to practice self-care everyday?
- What might happen if we do not practice self-care? How does that make it harder for us to care for others?

