

# Caring

This month we are focusing on Caring. If you are following us on social media, we have weekly posts focusing on caring for both elementary and secondary students. However, these activities allow you to infuse your classroom daily if desired. All of these activities are specifically designed to work in a distance learning environment.

## Mini Lessons

**Whole Class Lesson**  
30 minutes



### Daily Self-Care

Work together to create a poster highlighting one area of self-care (examples include morning routine, eating healthy, etc). Make sure the poster/powerpoint etc. includes the following:

- The word SELF-CARE
- 10-15 pictures illustrating one way to practice self-care
- An explanation of what is drawn

If possible, encourage the students to finish this activity at home by examining how they use self-care during their daily lives and report back during the next live session.

**For Small Groups**  
15 minutes



### Lend a helping hand

With your family, find items around the house that illustrate helpfulness. How can you care for others through helpfulness? After you have discussed this at home, bring one item to share with the class. Be prepared to explain your item and how it demonstrates helpfulness.

**For Partners**  
15 minutes



### Gratitude Mashup

Partner up and brainstorm 10 ways to show gratitude to someone without seeing them in person. How can we ensure we are thanking others during this time of social distancing? How do we show we care without physical contact such as high fives and hugs? (Note to teacher- be prepared for some challenging conversations if you choose this, but it is a positive focus in a tough situation!)

**For Individuals**  
15 minutes



### Compassion Comic

Using [www.canva.com](http://www.canva.com) or another comic generator, create your own story illustrating compassion. How can we be compassionate during these ever changing times? How do my words and actions affect others? Share your comic with the class if time allows.

**Technology-Focused**  
15 minutes



### Empathy Online

Choose a location you have never been to in the United States and research how they are doing school right now. How does this differ from your setting? If it's different, how can you use empathy to relate to their current setting? Every student is experiencing something new right now. Empathy helps us to connect with them, regardless of where they are or what they are doing.