Self-Care Lesson Plan
Lenore Balliro, World Education - Managing Stress to Improve Learning project - January, 2012

How Can We Take Care of Ourselves? (part 1-class activity)

- Brainstorm some things that help you relax.
- How many of these things can you do at home?
- What things are more possible than others to do at home?
- Pick from these ideas or any others you have to make a “self care plan.”
- Share the self-care plan with your classmates. Try out your self care plan at home.
- At the next class, tell your classmates what happened.

Self Care Plans
- With your partner, discuss some healthy things you can do to help relax at home tonight.
- With your partner, discuss what might prevent you from doing these things—what problem might keep you from relaxing?
- With your partner, discuss some ideas for solving a problem

For example:

<table>
<thead>
<tr>
<th>I can</th>
<th>What might get in the way?</th>
<th>Possible solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I can sit quietly for 15 minutes and have a cup of tea before I</td>
<td>Kids want my attention</td>
<td></td>
</tr>
<tr>
<td>start cooking for my family</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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SELF CARE PLAN

Name: ________________________________________ Date: ______________________

Tonight when I get home, I will_____________________________________________________

Draw a picture of your plan

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