

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:

I can	What might get in the way?	Possible solution
<ul style="list-style-type: none">● I can sit quietly for 15 minutes and have a cup of tea before I start cooking for my family	Kids want my attention	

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SELF CARE PLAN

Name: _____ Date: _____

Tonight when I get home, I will _____

Draw a picture of your plan

