

Self-Care & Mindfulness

MATERIALS

- ✓ PowerPoint Presentation
- ✓ Projector
- ✓ Whiteboard or poster paper
- ✓ Writing Utensils
- ✓ Sticky Notes OR Digital Tool Option (surveying)
- ✓ Accompanying Worksheet for Students
- ✓ Worksheet Answer Guide For Review

Facilitator Notes

- OBJECTIVE** - Students will learn about self-care and create a toolkit to help them care for their own mental health.
- TIME** - 45 minutes
- TRIGGER WARNING** - Talking about topics surrounding mental health can be emotional or triggering for some students. Please ensure that this is a safe space to have these tough conversations. Let them know it is okay to step out of the room or take a break if something should come up for a student. When discussing mental health, it is normal to feel uncomfortable – sometimes, this looks like laughing or joking. Remind students this is a safe and respectful space because we don't know what experiences others in the room may have had.

PRESENTATION GUIDE

Slide 1 Watch introductory video.

Slide 2 Let students know they will be creating an emotional first aid kit (Self-Care Kit). If you feel comfortable, invite students to take out phones to use as a resource for worksheet completion.

Slide 3 **SOUNDS – Students take notes on the worksheet.**
Ask students about their favorite sounds or playlists – why do they like those songs? How do these sounds help them feel better?

Slides 4/5 **SIGHTS – Students take notes on the worksheet.**
What are the images that makes feel better (family, friends, vacations, etc)? What if you changed the photo on your lock screen to one of these images, how could that help you?

Slide 6 **TOUCH – Students take notes on the worksheet.**
What things do you own that calms you when you touch them? (It might help to share your own example: a pet, blanket, soft sweater, etc).

Slide 7 **SMELLS – Students take notes on the worksheet.**
What scents make you happy? What scents calm you down?

Slide 8 HUMANS – Students take notes on the worksheet.

Who makes you feel better when you speak to them? Make a list of those people who makes you feel better when you talk with them.

Slide 9 TAKE ACTION – Students take notes on the worksheet.

What can you do to get negative thoughts out of your head? Go for a walk, exercise, journal, etc?

Slide 10 Emotional First Aid Kit – Students take notes and complete their Emotional First Aid Kit.

With the above information students will create their emotional first aid kit. When they are having a rough day, feeling stressed or anxious, these are steps they can take to try and feel calm again. (3 minutes)

Slide 11 WHAT IS MINDFULNESS – Students take notes on the worksheet.

Mindfulness can be a tough strategy for many people to understand. Ask students to give examples when you were being mindful and when you were not being mindful and were on auto pilot.

Slide 12 Present slide and take notes on the worksheet.

Slide 13 Ask students what activities they can do to practice mindfulness? Have students share with partner or group.

Slide 14 Which of these resources do you like?

If you have time, have students research the resources on this slide and report back on which ones they feel comfortable using.

Slide 15 MOVING FORWARD – Students take notes on the worksheet.

Ask students to write a short paragraph detailing how they will use their Emotional First Aid Kit. They can share with the class or turn in to you.

Things To Consider: Where would you keep this kit so you can reference it? Do you need to do all of these or just one from time to time? Would you be able to fit any of these steps into your daily routine? (exercise, music, people, etc.)

Slide 16 Reflection: revisit student’s notes on Self-Care and Mindfulness (you can use the answer guide to review answers as you go). Have students share something helpful they learned from the lesson.

