

I Care for My #Selfie

Learning that showing gratitude is a way to be kind to ourselves because of its ability to reduce stress and improve general morale is a very important lesson. In this lesson, students focus on identifying the ways they take care of their minds and bodies, and identify three specific things (about themselves) that they are thankful for.

Caring Sub-Concept(s)

Compassion, Kindness

Project Timeframe

25-30 minutes

Required Materials

- You will use the #selfie drawings for the bulletin board idea in Project #1 for this unit so encourage students to do their best work, use vibrant colors, and sign their name.
- Printed #selfie worksheets, one for each student (see below)
- Crayons, markers for coloring the selfie

So far in this unit, we have been talking about what it means to care for ourselves and for others through respectful communication and through avoiding spreading rumors and gossip. We have also talked about what it means to make a sincere, or real, apology and how we can forgive someone. Let's do some review. Use this time for a quick large group comprehension check.

- What is a rumor?
- How is a rumor different from gossip?
- What are the three methods of communication?
- What are the four steps to making a sincere apology?
- What are the four steps to forgiveness?

Part of offering care to others, though, is the ability to offer care to ourselves. We talked about this right away in the unit. Can anyone remember what we call taking care of ourselves? We call this self-care.

Think about it. If you do not take care of yourself, how will you have the energy to take care of someone else? You won't!

So, today, we are going to think about all of the ways we take care of ourselves and think about the things about ourselves that make us special. Specifically, we are going to look at how we care for our minds and for our bodies.

Consider brainstorming on the whiteboard different ideas for how we can take care of our minds and our bodies to prepare students to complete the worksheet on their own.

Mind: Be kind to others, be thankful, get enough sleep, do puzzles, attend school, read, take deep breaths, learn something new, learn another language, play learning games, watch educational TV, play an instrument, speak truth about ourselves and others, stop gossip and rumors, apologize, forgive.

Body: Get enough sleep, exercise, eat healthy foods like fruits and vegetables, dance, help with chores at home, be active at recess time, participate in gym class, ride a bike, play a sport, apologize and forgive (yes, there are physical health benefits when we do this!)

Instructions:

Hand out the “I Care for My#Selfie” worksheet for students to complete/see instructions on the worksheet.

**RANDOM ACTS OF KINDNESS
FOUNDATION®**

Students can work independently or in a group for semi-guided practice. This could be an interesting way to see how they transfer what they have learned so far about caring for others to caring for themselves; float from group to group to see what they are discussing.

As a model, consider having a #selfie worksheet that you completed for yourself. You will want one for the bulletin board anyway.

REFLECT:

If students finish their worksheets, you could have them share their work or, if you grouped students for the brainstorm session, let them work in these groups and share what they have at the end of the work period. These should be completed for the purpose of the bulletin board in Project #1, so you may need to give students additional time to finish or request students to finish them at home.

Tailor the wrap-up message depending on whether or not students finished their worksheet. Remind students that some of the most important caring they can do is for themselves! They won't be able to care for anyone else if they don't first care for themselves.



The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

I Care for My#Selfie

Take some time to think about how you care for yourself, then do the following:

1. Draw a picture of your #selfie on the smartphone screen below.
2. Answer the questions on the next page about how you take care of your #mind and #body.
3. Answer the questions about what you are #thankful for about yourself.
Think about the things you can do, that you have, and that you are.

I Care for My #Mind. Three ways I care for my mind:

1. _____.
2. _____.
3. _____.

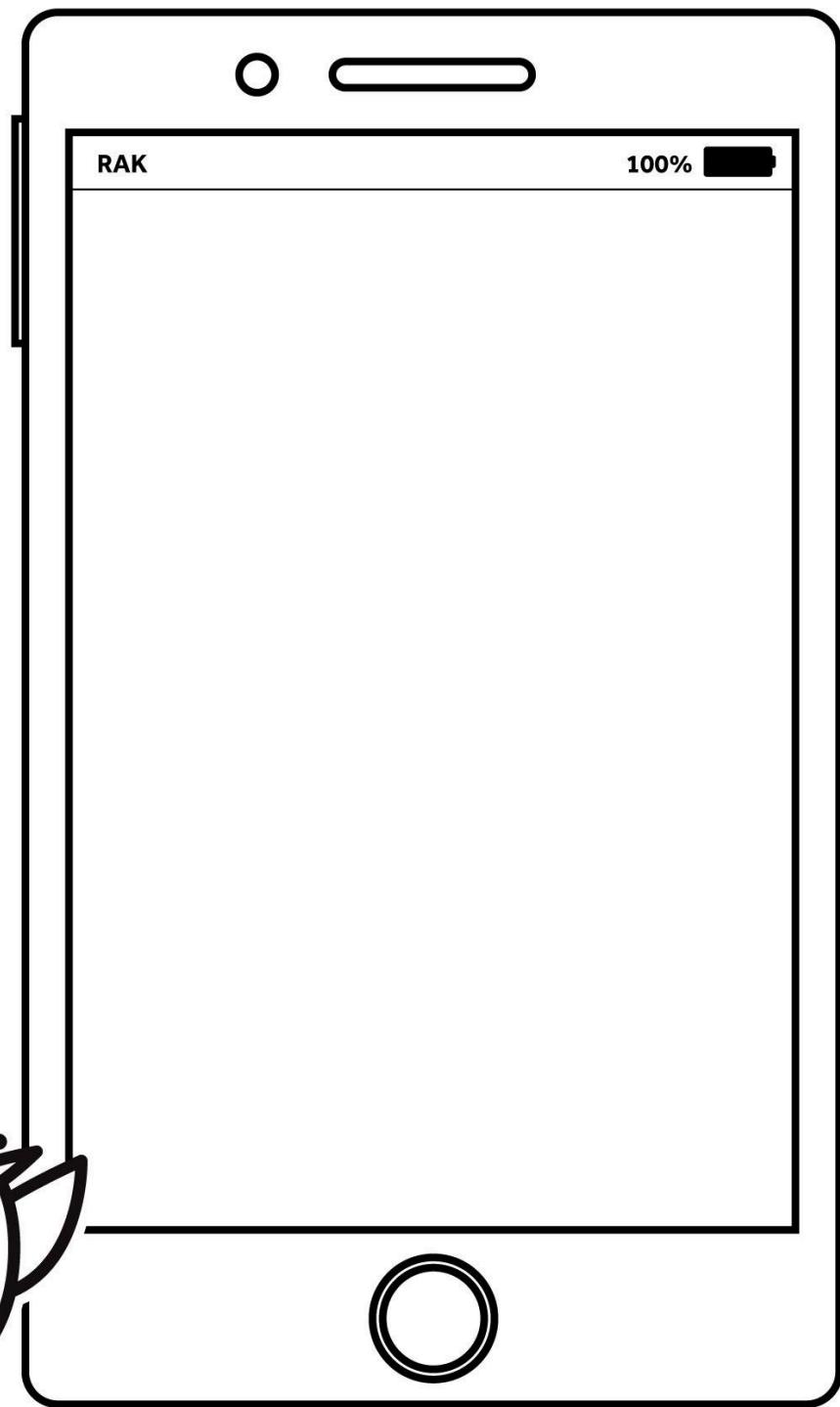
I Care for My #Body. Three ways I care for my body:

1. _____.
2. _____.
3. _____.

I Am #Thankful For. Three things I am thankful for about myself:

1. I can _____.
2. I have _____.
3. I am _____.

my#selfie



RANDOM ACTS OF KINDNESS
FOUNDATION®

© The Random Acts of Kindness Foundation. All Rights Reserved. www.randomactsofkindness.org | Page 4