

Homeroom Virtual Learning

8th Grade Homeroom

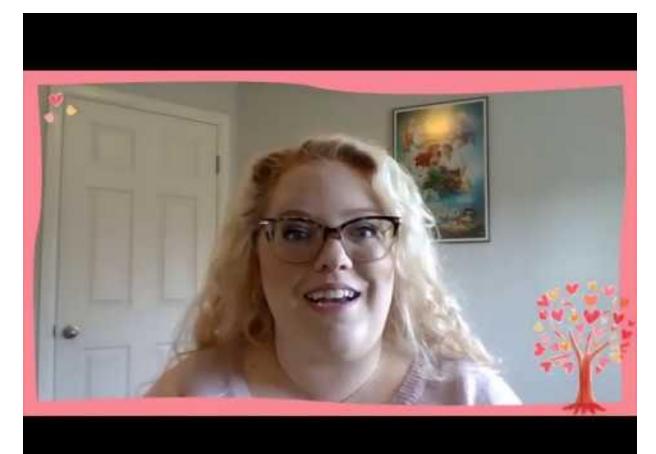
April 23, 2020



Lesson: Self Care

Objective/Learning Target:
How can I take care of myself during this time.

What is Self Care?



Check Your Battery

How are you currently feeling?

Feeling great!
Keep meeting
your needs and
practicing
self-care.

Feeling okay.

How can you

make your

day a tiny bit

better?

Struggling.

Practice triage.

What area of your

life is suffering the
most right now?

Focus on that one
area today.

BlessingManifesting

Feeling good!

How can you maintain the levels you're currently at?

Meh.
How can you
love on your
-self today? Be
extra kind to
yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

sixteen ideas for taking a break from routine

Turn up the

music and

have your

own dance

party

Look at old

Eat your

favorite

snack or

dessert

family photos

Go be Hang out outside in with a pet nature Practice Do an arts deep and crafts breathing activity Write a love letter to

Escape with a hot bath or shower

Write a gratitude journal for today

Find a quote to inspire your work for the day

Watch funny animal videos

of your heros and what makes them special

Make a list

yourself

Do a puxxle, sudoku or crossword

Listen to the Exercise or birds, wind or stretch rain





ACTIVE COPING CALENDAR: APRIL 2020





SUNDAY MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl 1 Make a plan to help you keep calm and stay in contact 2 Enjoy washing your hands. Remember all they do for you!

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3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch 6 Contact a neighbour or friend and offer to help them 7 Share what you are feeling and be willing to ask for help 8 Take five minutes to sit still and breathe. Repeat regularly 9 Call a loved one to catch up and really listen to them 10 Get good sleep. No screens before bed or when waking up 11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger 15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits 17 Learn something new or do something creative 18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small 20 Make time for self-care. Do something kind for yourself 21 Send a letter or message to someone you can't be with **22** Find positive stories in the news and share these with others

tech-free day.

Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go **25** Look for the good in others and notice their strengths

26 Take a small step towards an important goal 27 Thank three people you're grateful to and tell them why 28 Make a plan to meet up with others again later in the year 29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time





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