



Homeroom Virtual Learning

8th Grade Homeroom

May 5, 2020



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Lesson: May 5th

Essential Question: How can I take care of and renew myself?

Self Care

Life can get busy, but in order to be our most productive, we need to remember to care for ourselves.

Watch the following video about how high school students deal with their stress...





Self Care

Now, create the following chart on a separate sheet of paper...

Ways to Renew My Body	Ways to Renew My Brain
<ol style="list-style-type: none">1.2.3.4.	<ol style="list-style-type: none">1.2.3.4.
Ways to Renew My Heart	Ways to Renew My Soul
<ol style="list-style-type: none">1.2.3.4.	<ol style="list-style-type: none">1.2.3.4.



Self Care

1. For each section, write down 2 ways that you can renew yourself for that topic
 2. Ask a household member how they renew themselves for each topic and write down their ideas
- Ways to Renew My Body
 - Ways to Renew My Brain
 - Ways to Renew My Heart
 - Ways to Renew My Soul

Self Care

Reflection

What will you do going forward to take care and renew yourself? Did you hear any new self care methods you are going to try?

