

**Learn. Disrupt. Rebuild@HWDSB: Building a Community of Care
Module 2: Understanding Identity & Intersectionality**

Lesson # 10 - Ongoing Self-Care

Learning Goal: To understand how we take care of ourselves to promote well-being and ongoing self-care during remote learning.

Key Vocabulary

- **SEL** - “Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions”. – [The Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)
- **Distress** - A feeling of extreme sadness, worry or pain.
- **Stress** - Is a response to the demands of everyday life. Stress is common and can be positive, because it can bring energy and motivate you to do things. However, too much stress, or feeling stressed all the time, can take a toll on mental and physical health and well-being.
- **Isolation** - The state of being alone or away from others. COVID-19 is causing people to be isolated from school, friends, extended family and social gatherings for health and safety reason during a pandemic.
- **Self-Care** - Taking care of your mental, emotional, spiritual and physical health is key to your overall well-being. Everyone deserves self-care. It’s important to take time out to focus on you and your physical, mental, emotional and spiritual health and well-being.
- **Wellbeing** - State of happiness and contentment, with low levels of distress, overall good physical and mental health and outlook, or good quality of life.

Curriculum Connections

Oral Communication

- 2.4 use appropriate words and phrases from the full range of their vocabulary including inclusive and non-discriminatory language, and stylistic devices appropriate to the purpose and context, to communicate their meaning accurately and engage the interest of their intended audience.

Reading

- 1.4 demonstrate understanding of increasingly complex texts by summarizing and explaining important ideas and citing relevant supporting details.
- 1.8 make judgements and draw conclusions about ideas in texts and cite stated or implied evidence from the text to support their views.

Writing

- 1.3 gather information to support ideas for writing, using a variety of strategies and a range of print and electronic resources.

- 1.6 determine whether the ideas and information they have gathered are relevant, appropriate, and adequate for the purpose, and do more research if necessary.

Educator Pre-reflection

Modification for Remote Learning: PowerPoint will include visuals and modifications needed for teaching this lesson remotely. Students will use whatever supplies they have at home if needed.

YouTube: Log into YouTube using your HWDSB account and play videos in safe mode.

Before engaging in this lesson, consider/think about...

Taking care of ourselves is an important part of self-care and overall wellbeing. How has that changed with working from home?

What are some things that you do to unwind and recharge? Do you still have time/space to do them?

How are you managing your stress?

What ways could some of your self-care activities be turned into family daily routines?

Student Pre-reflection

Before you begin, think about...

What are some things you do to promote happiness in your day-to-day life while learning from home?

How have your routines changed because of being at home all the time?

Who is someone you can trust and talk to when you feel overwhelmed, unfocused, sad, or angry?

How does self-care help us feel supported and contribute to our overall wellbeing?

Provocation/Minds On

We are revisiting the concepts of well-being and self-care because of isolation and learning from home – during the Stay-at-Home Order from the province. Use one or both scenarios below to emphasize the connection between discomfort/pain/stress and wellbeing or self-care.

Begin a dialogue with the class about how stress is normal and is a healthy process that can energize and motivate us to be productive. But sometimes stress can become uncomfortable, and we need to recognize or be reminded to ask for support, practice our self-care, and maintain our wellbeing.

1. How does an animal or pet let people know they are in discomfort or pain and need our help to feel better or cared after?
2. How does a piece of technology – phone, I-pad or laptop for example, let users know that it needs attention (care) because it is not functioning properly (not well)?

Learning Task/Activity

- Ongoing self-care is important for our well-being especially while learning at home. Take this quiz to see how you are doing with your self-care:

[Quiz: Am I practicing enough self-care?](#)

- Students will need to locate their Self-Care Plan that they created in module one and consider if anything needs to be added or changed now that they are learning from home. Neatly make any additions or changes to your Self-Care Plan or ask for another [template](#) to make a revised Self-Care Plan – Home Edition.

Consolidation

- To remind ourselves that self-care should be practiced daily to maintain our wellbeing students need to select an item that can be displayed at home on their desk/workspace as a visual reminder to practice ongoing or daily self-care. Ex. A sticker, a picture of their family, a stuff animal, action figure, or even their self-care plan. When they see this visual reminder throughout their school day, they can think of how they are going to meet their self-care needs each day in and around learning time.

Educator/Student Post-Reflection

The main idea I want to remember or take away from this lesson is..

My next step is...

I need to learn more about...

I am feeling...

Ideas for Going Deeper/Further Resources

Social and Emotional Learning (SEL) [The Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)

Self-Care Plan [\(Pacheco, Social Work Tech\)](#)

Primary Self-Care Plan [\(Balliro, World Education\)](#)

Ongoing Self-Care – PowerPoint information [\(SMHO\)](#)

How to Practice Ongoing Self-Care - [Kids Help Phone](#)

Tips for Parents & Teens during COVID-19 [“Maintaining Meaningful Occupation during COVID-19”](#) - Child & Youth Mental Health Program - McMaster Children’s Hospital, 2020.