

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

**Lesson 10 Ongoing Self Care**

**Learning Goal:** To develop self-care strategies that will support us during remote learning.

**Key Vocabulary**

- **Self-Care** - Self-care is any activity that we do deliberately in order to take care of our mental, emotional, spiritual and physical health”
- **Emotions** – Emotions are a normal and necessary part of the human life. Emotions motivate us to act or behave in certain ways that ensure our own survival.
- **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 \(CASEL\)](#)

**Curriculum Connections**

**Health and Physical Education:**

Strand A. Social-Emotional Learning Skills:

A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade:

Strand D. Healthy Living:

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

D3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others’ health and well-being.

**Language:**

**Media Literacy**

3. create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques.

**Tools and Materials**

**Educator Pre-reflection**

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

We have been in a global pandemic for several months and have now moved to remote learning.

How am I doing mentally, emotionally, and physically?

What habits or strategies am I using to care for myself?

## Student Pre-reflection

Before you begin, think about...

How is learning at home the same as learning at school?

How is learning at home different from learning at school?

## Provocation

Ask: What is self-care? Does anyone remember what we learned about self-care earlier in the school year?

Watch this video for a review of self-care:

<https://youtu.be/X55radTB-M>

**Log into YouTube using your school board account and play in safe mode.**

Say: Remember that self-care means to take care of our minds and bodies and that it is very important in maintaining our wellbeing, especially while we are all learning at home.

## Learning Task/Activity

The global pandemic has been going on for several months now. A lot of us are missing things we used to do or people we used to see. It is okay to feel sad or upset about things you are missing because of the pandemic.

The pandemic is different for everyone, but most of us could probably name one or two things we have lost because of it. When we hear about other people's losses, we may feel sad about that. Feeling empathy for others is kind and caring.

It is important to remember that even though there have been losses, there have also been gains. What is something good that has happened?

Have you noticed ways that people are coping with all of the changes from the pandemic?

Watch these stay home diaries from Canadian kids to see some of the ways that people taking care of themselves and their families during the pandemic:

<https://www.tvokids.com/school-age/my-stay-home-diary/videos/ranis-stay-home-diary-toronto-canada>

<https://www.tvokids.com/school-age/my-stay-home-diary/videos/victorias-stay-home-diary-montreal-canada>

<https://www.tvokids.com/school-age/my-stay-home-diary/videos/sadies-stay-home-diary-fergus-canada>

It is important to remember that everyone is experiencing this pandemic differently. While some families can find ways to have fun and support each other, it may be harder for other families to do the same. What might make it harder for children and families to have fun and support each other during this pandemic?

What are some of the self-care strategies you noticed the kids in the videos using to take care of their minds and bodies?

These videos were filmed during the warmer months of the year. How might things be different now?

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?](#)

### Consolidation

**Journal Prompt:** What self-care strategies are you using to help you feel good and recharge while you are learning at home?

OR

**Media Project:** Create your own Stay-at-Home diary using photos or videos of the self-care strategies you use at home during remote learning.

### Student Post-Reflection

The self-care strategy that I want to remember or take away from this lesson is..

When I am feeling \_\_\_\_\_, I will \_\_\_\_\_ to take care of my mind and body.

### Educator 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

[Mentally Healthy Return to School Following Winter Break and Beyond](#)

[Tips for Educators to Help Students Manage Stress During Uncertain Times](#)