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**DISRUPT.**

**REBUILD.**

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**BUILDING A COMMUNITY OF CARE**

# 9. Self-Care

## Module 1: Physical Safety, Mental Health and Wellness (Primary)

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# Learning Goal



We are learning to...

identify and practice self-care strategies as a tool for supporting well-being.

# Student Pre-reflection

Before you begin, think about...



- What are some things you do to promote happiness in your day-to-day life?
- What kinds of relationships and activities make you feel happy and supported?
- What are some things that you do to rest/relax and recharge?

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# Minds On: Group Share

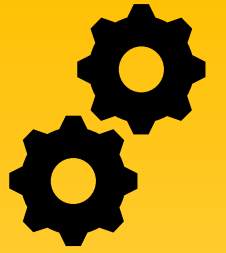


**SELF-CARE**

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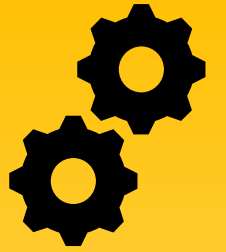
# Learning Task:



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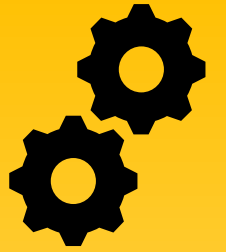
# Learning Task:



## Self-Care At Home

At home for self-care, I will...

# Learning Task:

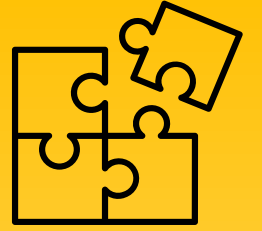


## Self-Care At School

At school for self-care, I will...



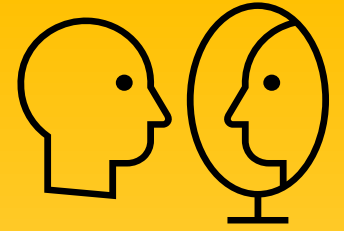
# Group Ideas: Self-Care



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# Post-reflection:



The main idea I  
want to  
remember is...

My next step is..

I need to learn  
more about..

I am feeling...

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