Self-Care Posters

Lesson Timeframe
25-30 mins

Materials
- ❏ Poster Board or Construction Paper
- ❏ Basic Art Supplies
- ❏ Caring poster (optional)

Share

As a whole group, explain that caring starts with YOU! We must care for ourselves before we can care for others. Define caring: CARING IS FEELING AND SHOWING CONCERN FOR YOURSELF AND OTHERS. (Show the Caring poster if desired.) Brainstorm ways we each take care of ourselves: How can we care for ourselves before going to bed? At school? Write answers down on whiteboard/butcher paper if desired.

Inspire

Discuss the importance of caring for ourselves each and everyday. Think about all the different ways you practice self-care. There are two main ways we take care of ourselves:
- **Body:** How do you care for your hair, teeth, skin, etc.? What foods do you choose to eat? All of these actions are types of self-care!
- **Mind:** What words do you say to yourself throughout the day? Do you treat yourself kindly? Do you get enough sleep? All of these actions are also part of self-care.

Explain that today we will be creating self-care posters to help remind ourselves that caring starts with you!

Empower

Divide the group into smaller teams of 4-5 children of mixed ages and abilities. Make sure you have two students who can read and write in each group.

Each small group will work together to create a poster highlighting one area of self-care (examples include brushing teeth, eating healthy, etc). If you have a large program you may have duplicate topics, which is fine. Each poster must include:
- The word SELF-CARE
- A picture illustrating one way to practice self-care
- An explanation of what is drawn

Reflect

Have each group present their posters to the whole group.

Guide a whole group conversation around ways to practice SELF-CARE.
- How do you practice self-care each day?
- Why is important to care for both your mind and your body?
- What might happen if we do not care for ourselves?