

Week 1

Directions: Below are two self care tips. Read each self care tip carefully and then choose one of the self care tips to try and practice and use. Once you have practiced and used the self care tip, please answer the reflection questions below.

Option 1:

Take deep breaths. Breathe slowly in through your nose for 3 seconds, hold the breath for 3 seconds, and breathe out slowly for 3 seconds. Do this 5 times. Breathing deeply helps calm your body down and gives you time to figure out how to react to what is going on around you.

Option 2:

Listen to music that makes you feel happy or relaxed. Choose music or a song that has a positive message and makes you feel good.

Reflection Questions

1. What was the self care tip that you practiced?

2. How did you feel while using this self care tip?

3. When can you use this self care tip?

Week 2

Directions: Below are two self care tips. Read each self care tip carefully and then choose one of the self care tips to try and practice and use. Once you have practiced and used the self care tip, please answer the reflection questions below.

Option 1:

Get physically active. Try basketball, soccer, dance, play outside, or go for a walk or run. If you cannot get outside, try running in place, jumping jacks, push ups, yoga, or even stretching. The best stress relief can be a daily dose of exercise. Remember to wear green tomorrow!

Option 2:

Take a break. Walk away from what is upsetting you until you start to feel calmer. Taking a break for yourself helps you to feel more in control and removes you from people or events that may be upsetting you.

Reflection Questions

3. What was the self care tip that you practiced?
4. How did you feel while using this self care tip?
5. When can you use this self care tip?

Week 3

Directions: Below are two self care tips. Read each self care tip carefully and then choose one of the self care tips to try and practice and use. Once you have practiced and used the self care tip, please answer the reflection questions below.

Option 1:

Talk to a trusted adult who cares about you. Talking to someone who cares about you helps you feel understood and supported. Don't keep it to yourself when you are feeling hurt, scared, sad, or angry. Remember you can ask to see the School Counselor or Social Worker.

Option 2:

Seek out positive people. Take the time to think about which of your friends helps you to be the best that you can be. If you are upset, who is the friend you can count on to help you feel better and make good choices.

Reflection Questions

6. What was the self care tip that you practiced?

7. How did you feel while using this self care tip?

8. When can you use this self care tip?

Week 4

Directions: Below are two self care tips. Read each self care tip carefully and then choose one of the self care tips to try and practice and use. Once you have practiced and used the self care tip, please answer the reflection questions below.

Option 1:

Seek out positive people. Take the time to think about which of your friends helps you to be the best that you can be. If you are upset, who is the friend you can count on to help you feel better and make good choices.

Option 2:

Weigh the pros and cons of a decision. The next time you have a problem, come up with a few solutions of how you could solve it. Then take the time to list out the pros, all the good points about the choice, and the cons, what could be bad.

Reflection Questions

9. What was the self care tip that you practiced?

10. How did you feel while using this self care tip?

11. When can you use this self care tip?