Lesson Plan

Year: Secondary

Duration: 1hr

Topic: Introduction to Self-Care

Lesson Objectives:

- What is self-care?
- What are the benefits of Self Care?
- How can i practice self-care?

Resources Needed:

- Worksheets
- Powerpoint
- White-Board/Smart Board
- Pen/Pencil
- Copy of our Self-Care Acts (found on our website)

Starter:

What is Self Care?

Think, Pair, Share. What does self-care mean? what are some examples of self-care?

Suggested Duration - 10minutes

Activity 1:

When and why should you practice self-care?

Go through examples on PPT and ask students to copy down their most important ones. You could also come up with some as a class.

Suggested Duration - 10minutes

Activity 2:

Come up with some examples of self-care acts as a group. These could be things that students do to look after themselves, things they have been taught to do, or anything else. Make a mindmap as a class, and ask students to fill in the mindmap on the worksheet,

Suggested Duration - 15 minutes

Activity 3:

As a group, discuss the benefits and weaknesses of practising self-care. Come up with some situations where it may be useful (ie, exams, mocks, stress) and create a mindmap or list as a class. Some examples are on the ppt. Then ask students to complete their worksheet.

Suggested Duration - 15 minutes

Consolidation Task:

Before finishing you can introduce the students to the Spark '8 acts of self-care.' read through them as a class

Suggested Duration - 10 minutes

Things to consider:

- Ensure you follow your school's safeguarding policies and procedures if any safeguarding concerns arise.
- It's not important for pupils to answer all questions if they feel uncomfortable, this is a resource to enable conversations to take place.
- Any issues or feedback with this worksheet, please contact us at sparkuk20@gmail.com