

THANK YOU FOR YOUR PURCHASE!



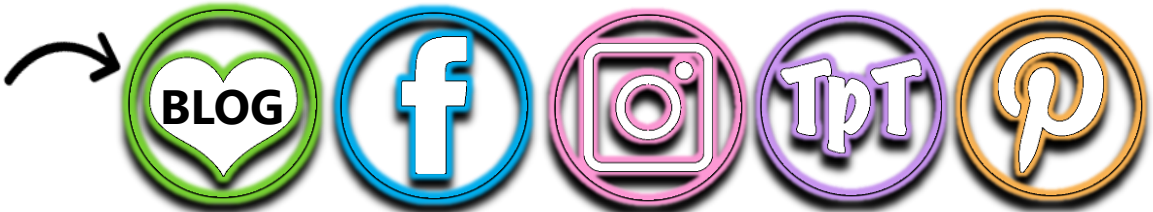
Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

LET'S BE FRIENDS

Access my
Freebie
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Self-care](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

Self-care

Session Objective:

*Students will identify ways to practice self-care.

Materials:

*PowerPoint, handouts, scissors, pencils, wood craft sticks and/or straws.

Guiding Questions:

*What are ways to practice good self-care?

*What are examples of bad self-care?

*What are some signs that you need to do self-care?

*What should you do if you feel signs of needing self-care?

Session Details

*Prepare the Good and Bad Self-care signs in advance. Have one of each sign per student. Cut out the wooden sign and glue or staple a stiff straw or wood craft stick to the bottom like a handle. For beginning readers it may help to print the bad signs on red paper and the good signs on green paper.

*Show the PowerPoint and discuss each slide. When you get to the slide explaining the signs, pass them out (each student should get one good and one bad sign). Explain to students that you will be going through some scenarios and they will hold up the sign that they think that scenario is showing either good or bad self-care. For beginning readers, explain that the bad sign is red and has an X and the good sign is green and has a check mark. Once you finish the PowerPoint, have students continue to practice recognizing bad and good self-care with the discussion cards and handouts. Then, have students complete the writing craft activity to display on a bulletin board or in the classroom.

Glue the toppers to the top of the page like this:

ASCA Standards Alignment:

*Mindset: Sense of acceptance, respect, support and inclusion for self and others in the school environment. (M 2)

*Behavior: Self-Management Skills: Ability to identify and overcome barriers (B-SMS 6)

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SEL Competencies:

*Self-Awareness- Identifying emotions, accurate self-perception, self-efficacy.

*Self-Management- Stress Management, impulse control, self-motivation.

*Relationship Skills: Communication.

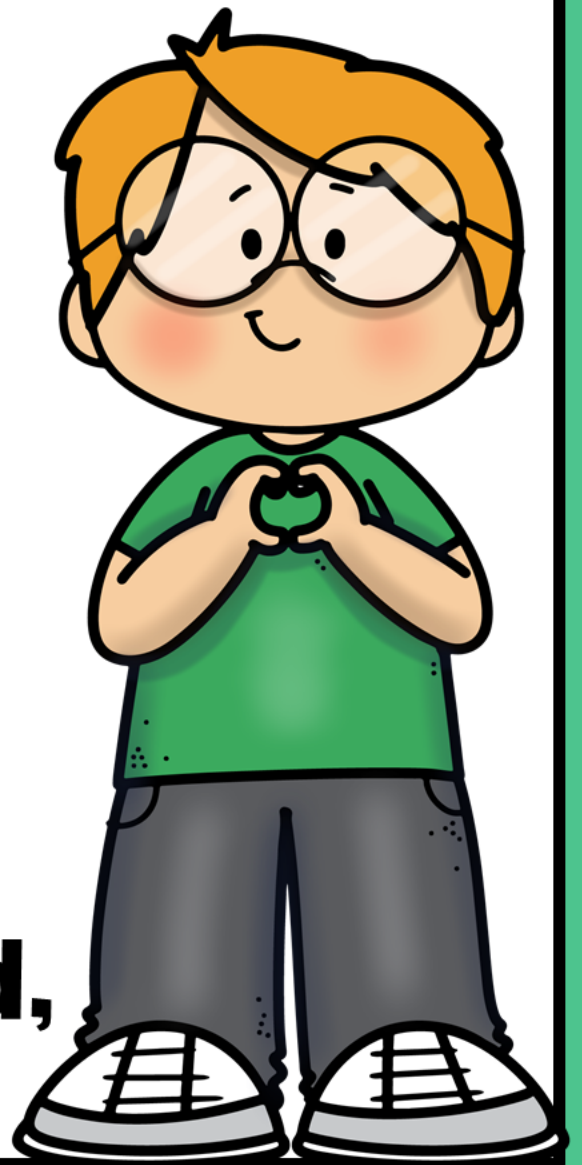
*Responsible Decision-Making: Identifying problems, analyzing situations, solving problems, evaluating.



I will practice good self-care by :

Self-Care

is the practice of taking action to maintain and improve one's physical, mental, and emotional well-being. It involves activities and habits that help you feel healthy, balanced, and happy.



Physical Self-care



Keeping your body clean and taking care of personal grooming.



Eating a balanced diet with plenty of fruits and vegetables.



Getting enough restful sleep to feel refreshed and energized.



Regular physical activity to keep your body strong and healthy.

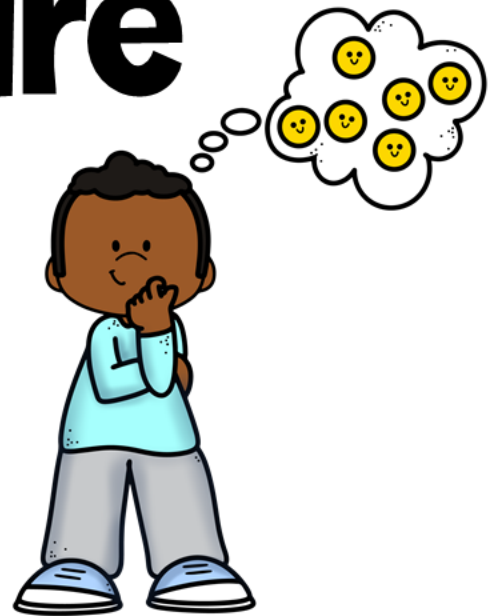


Drinking water throughout the day.

Emotional Self-care



Talking about your feelings with friends, family, or a therapist.



Being kind to yourself and challenging negative thoughts.



Writing down your thoughts and feelings in a journal or diary.



Practicing gratitude by listing things you are thankful for.



Not allowing others to mistreat you.

Mental Self-care



Engaging in activities that you enjoy, like drawing, playing an instrument, or solving puzzles.



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Practice deep-breathing exercises



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Building and maintaining relationships with family and friends.



Volunteering for a cause you care about.



Knowing when to say no to avoid overcommitting yourself.



Reaching out to friends or loved ones to talk.



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Practical Self-care



Cleaning your living space.



Planning your time effectively to balance work, play, and rest.



Planning your week with a calendar or planner.



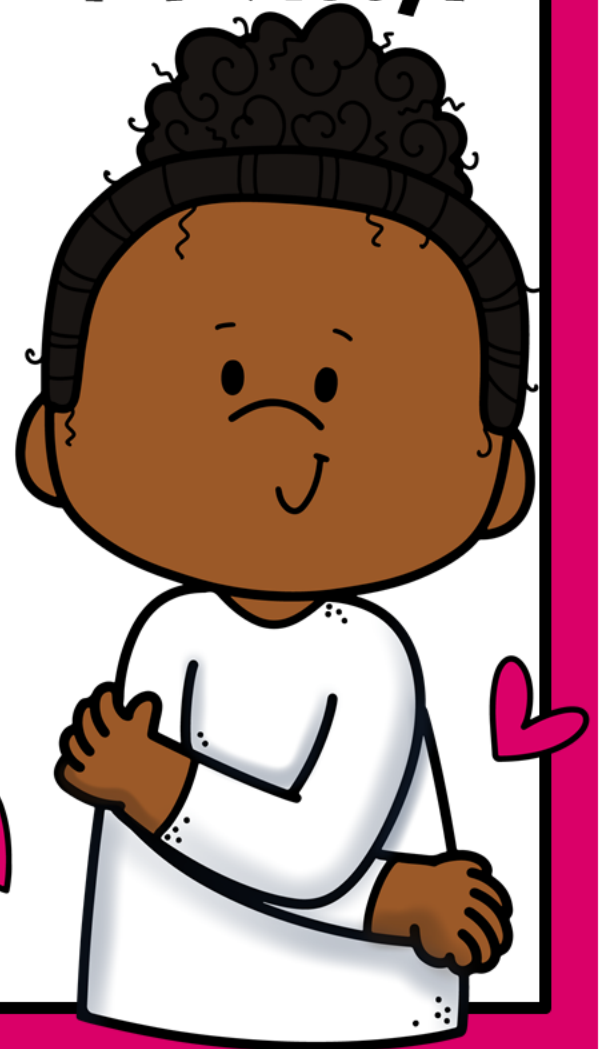
Setting and working towards personal goals.



Organizing your stuff and work area.

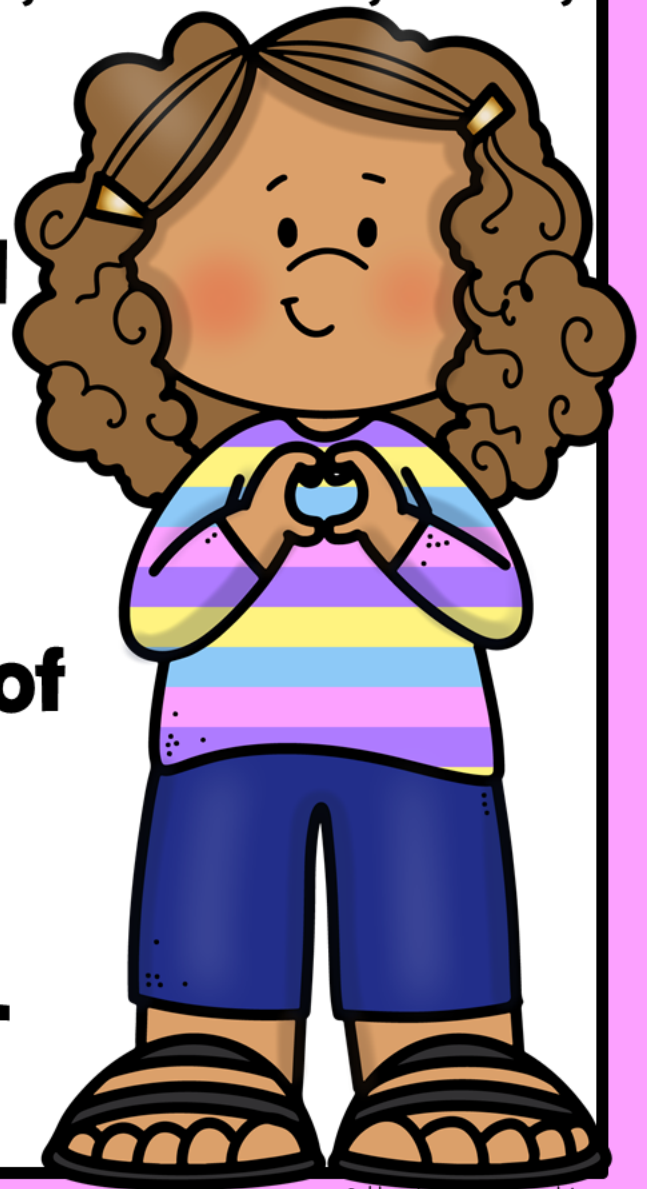
Why is Self-care Important?

- Helps you stay healthy by strengthening your immune system.**
- Helps lower stress levels, preventing burnout and anxiety.**
- Enhances concentration, productivity and creativity.**
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Signs you need Self-care

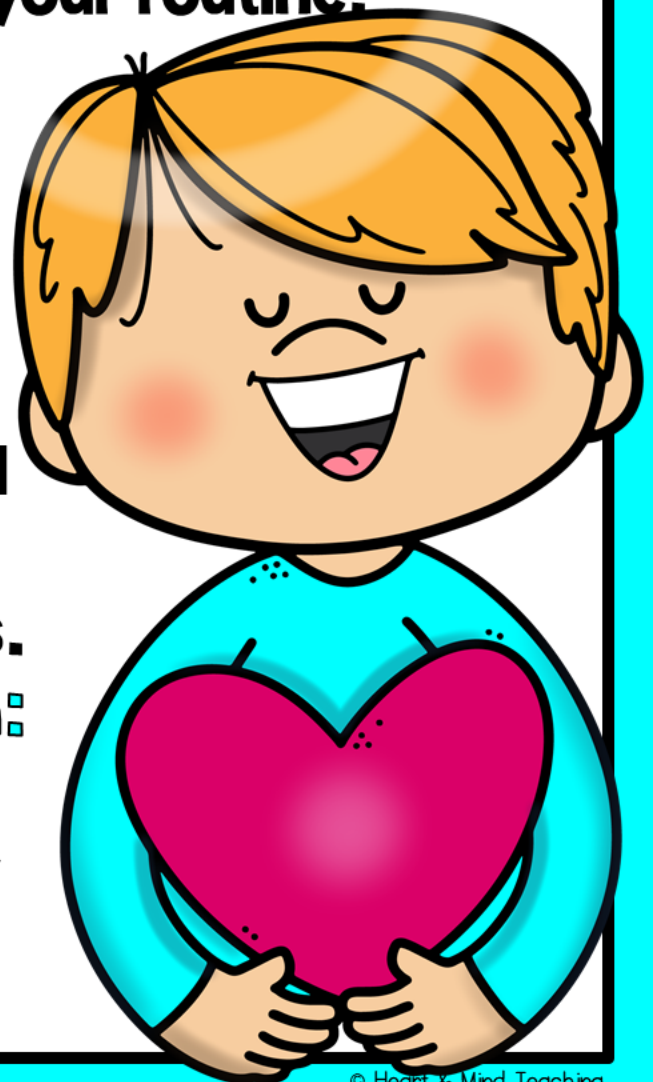
- Constantly tired or lacking energy.
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- Lack of motivation.
- Feeling disconnected or isolated.
- Persistent negative thoughts.
- Being overly critical of yourself.
- Frequent illness.
- Changes in appetite.
- Increased irritability.



Self-care time!

When you notice these signs, it's important to take action to prioritize self-care. Here are some steps you can take:

- Assess Your Needs:** Identify specific areas of your life where you need more balance and care.
- Schedule Time for Self-Care:** Make self-care activities a regular part of your routine.
- Set Boundaries:** Learn to say no to additional responsibilities when you feel overwhelmed.
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- Practice Self-Compassion:** Be kind to yourself and acknowledge that it's okay to take time for self-care.

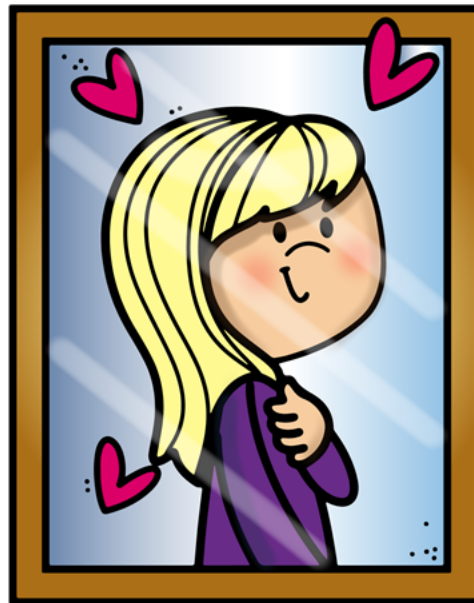


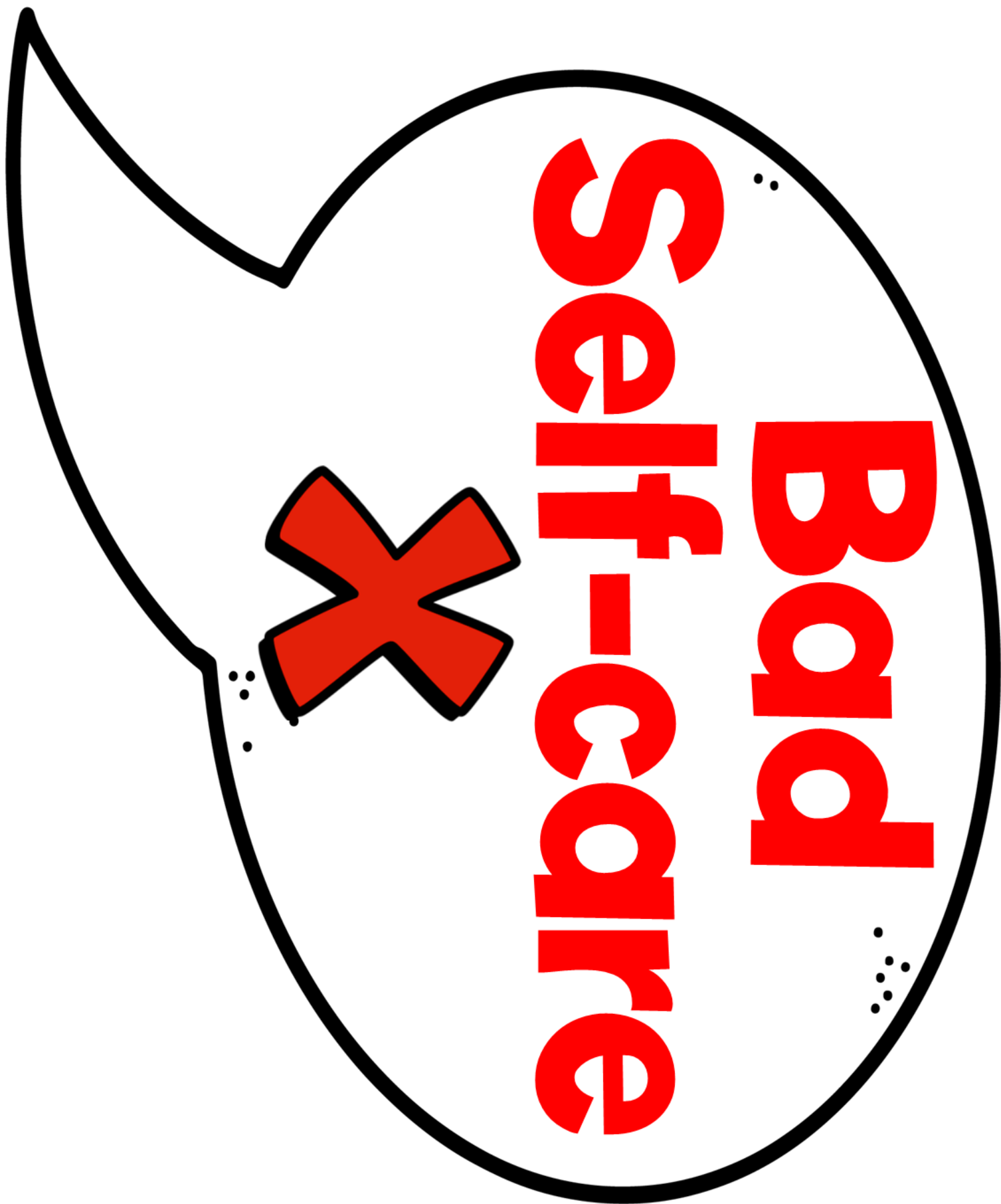
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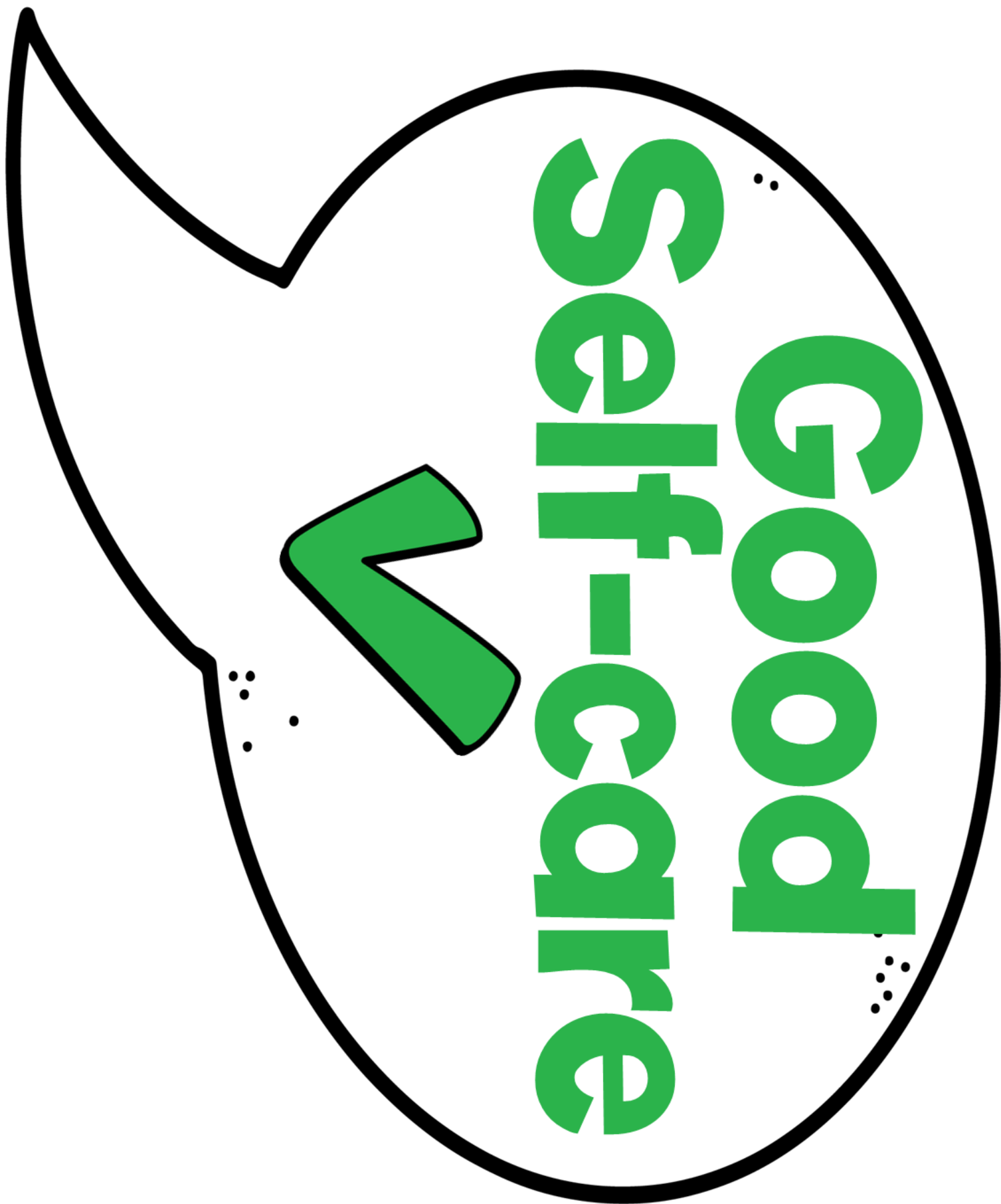
Take a moment during the day to ask yourself:

- **How am I feeling today?**
- **What am I grateful for?**
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- **What are my goals today?**

Take slow deep breaths while you are thinking about each question.







Discussion Cards

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Grace had a big argument with her friend and now she feels upset.



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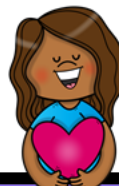
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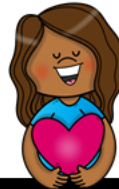
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Rishab feels extremely sad because his friend moved away.



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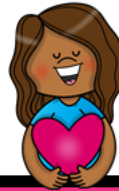
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Vanessa is asked to do something she does not have time for in her schedule.



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Self-care Practice

Color in your answer for each scenario.

Violet is cranky because she did not eat breakfast. She doesn't take a break to eat.



Benjamin has played the entire basketball game and is thirsty and exhausted. He keeps going.



William has a lot of homework and it is making him feel stressed. He decides to put it off.



Charlotte feels overwhelmed because there are too many people around her. She puts her headphones on.



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Elena's friend asks her to help with something, but Elena tells her she can't help because she has too many other commitments.



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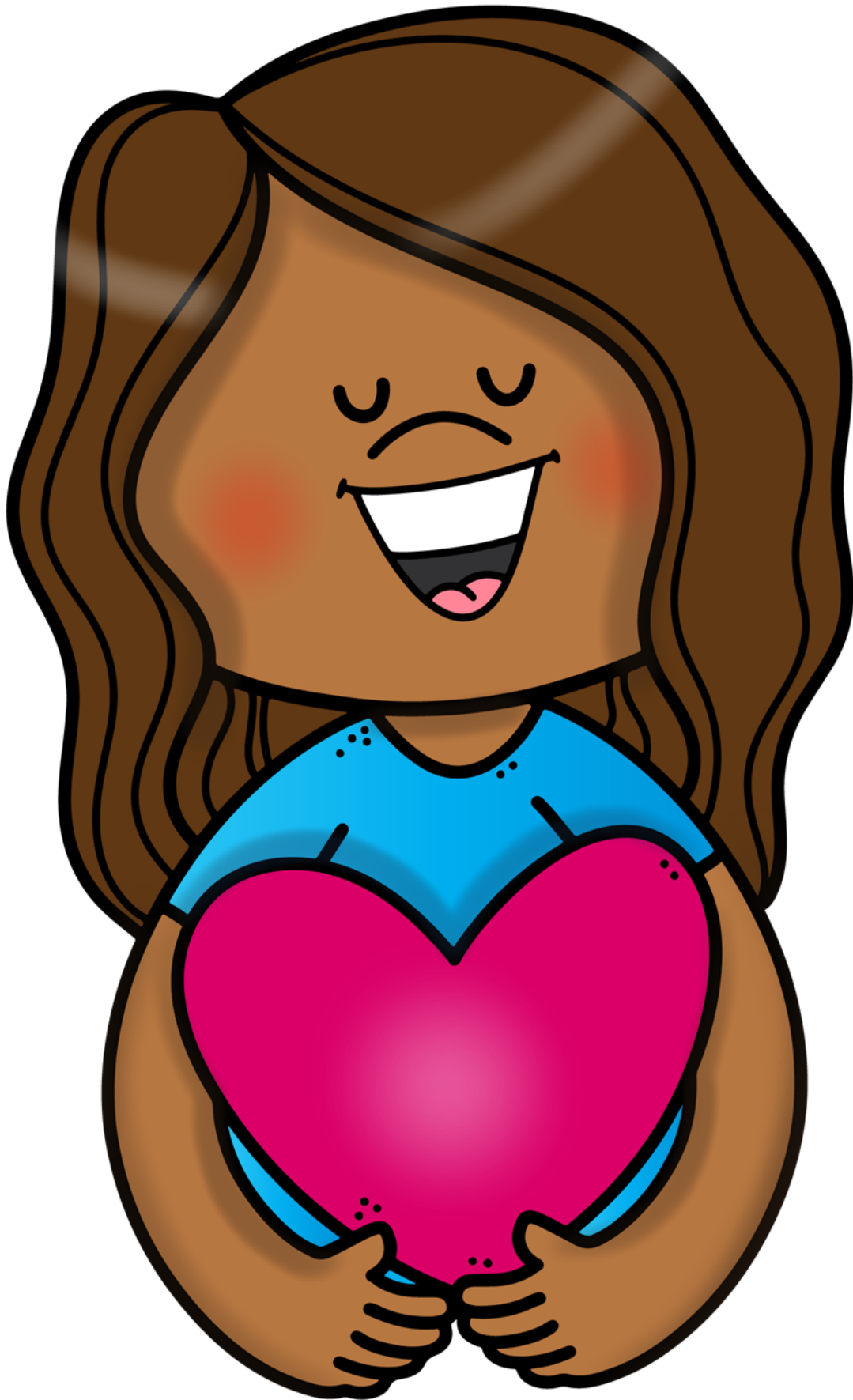


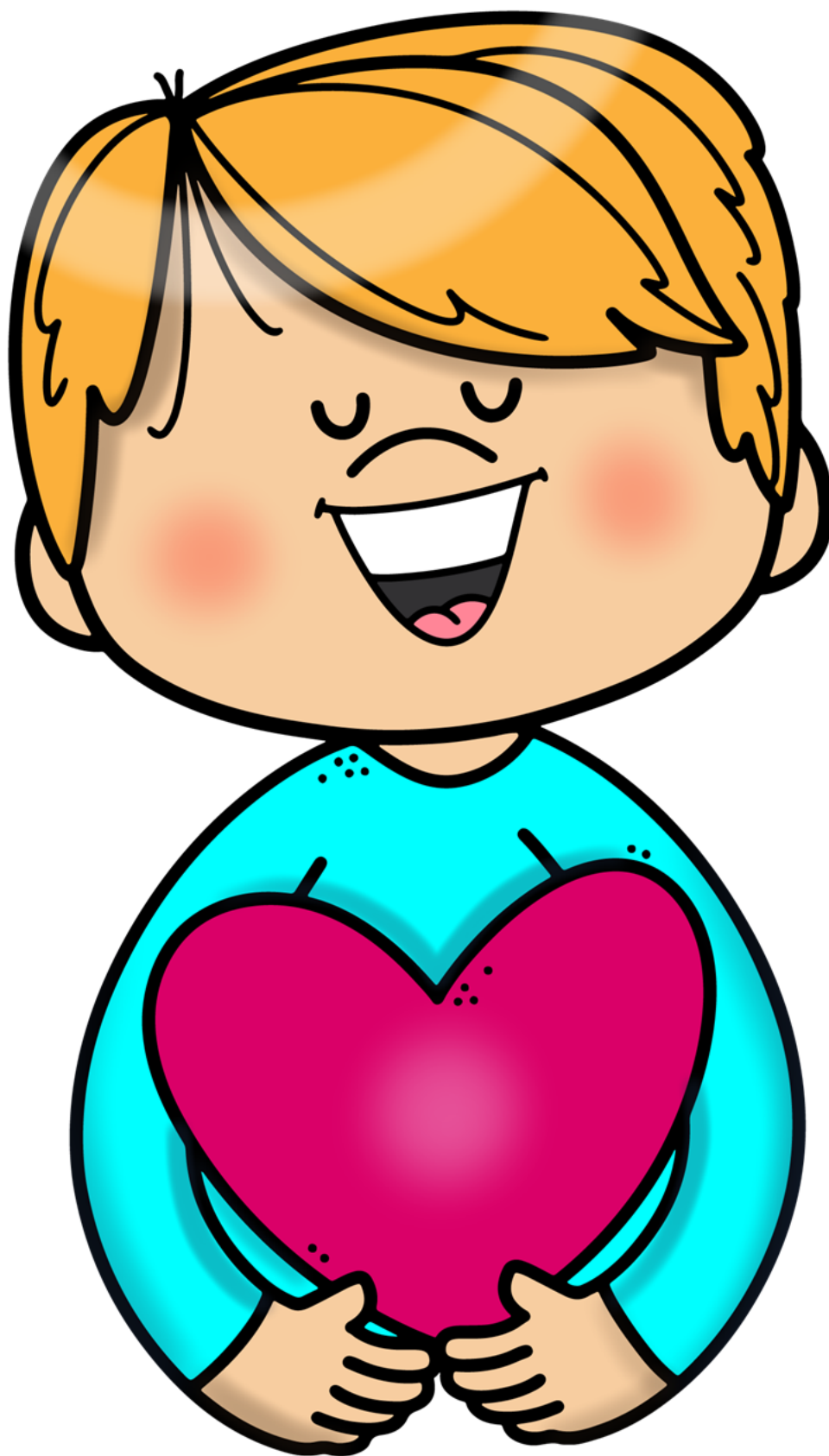
Jase signs up for multiple after school commitments, leaving little time for much else.



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**I will practice good
self-care by :**

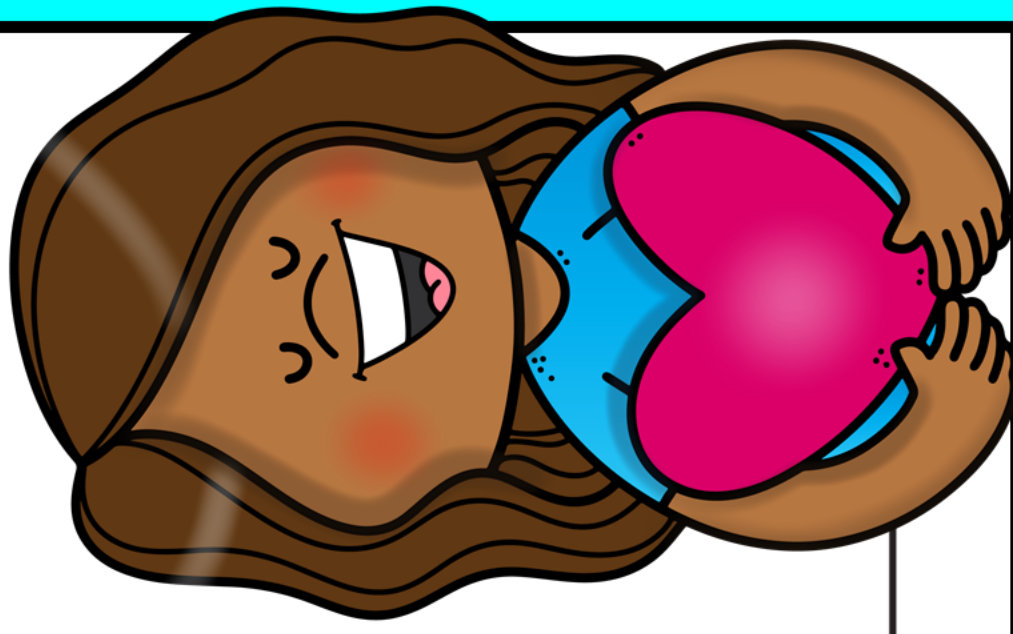
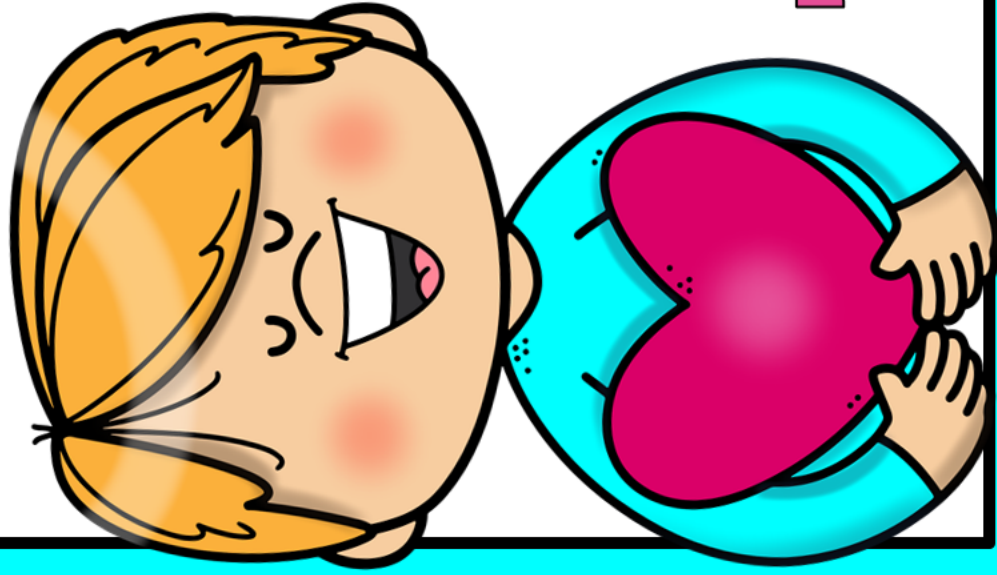
Handwriting practice lines consisting of four sets of three horizontal lines each. Each set includes a solid top line, a dashed middle line, and a solid bottom line.

**I will practice good
self-care by :**

I AM A SELF-CARE PRO

I pledge to
practice
good
self-care.

Sign
here:



BLACK AND WHITE VERSION

**Perfect to use as
coloring sheets!**

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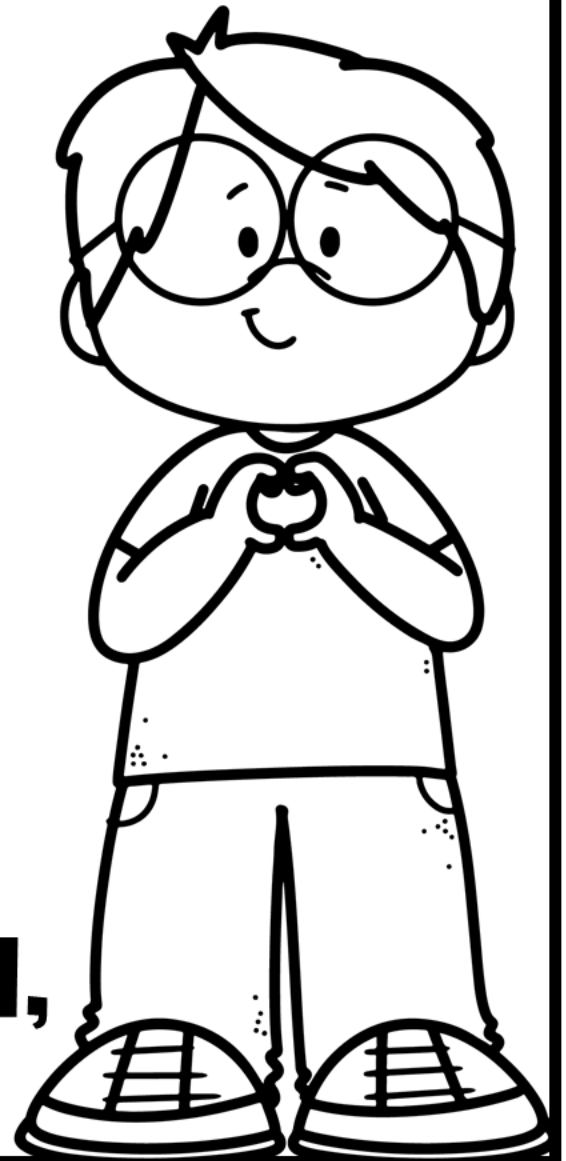
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Physical Self-care



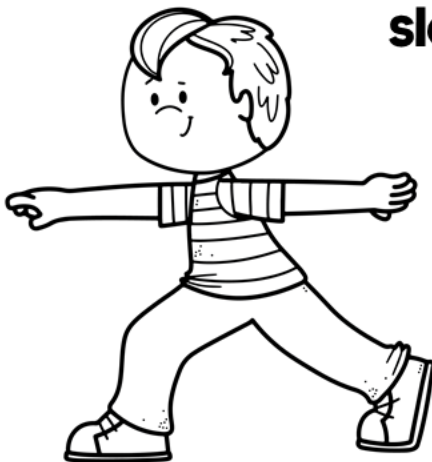
Keeping your body clean and taking care of personal grooming.



Eating a balanced diet with plenty of fruits and vegetables.



Getting enough restful sleep to feel refreshed and energized.



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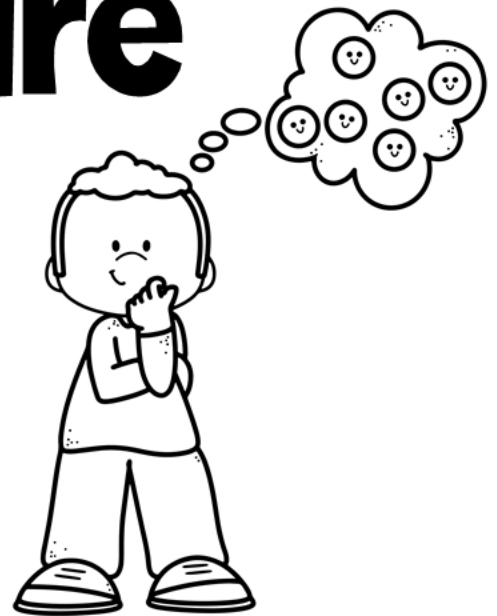


Drinking water throughout the day.

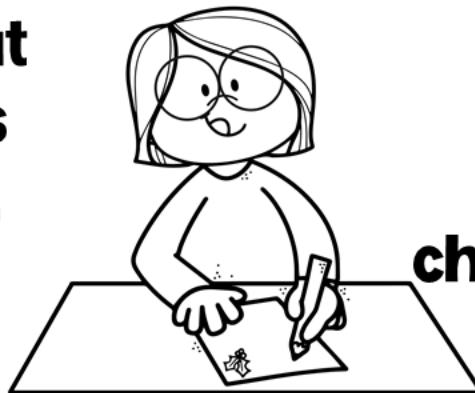
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Being kind to yourself and challenging negative thoughts.



Writing down your thoughts and feelings in a journal or diary.

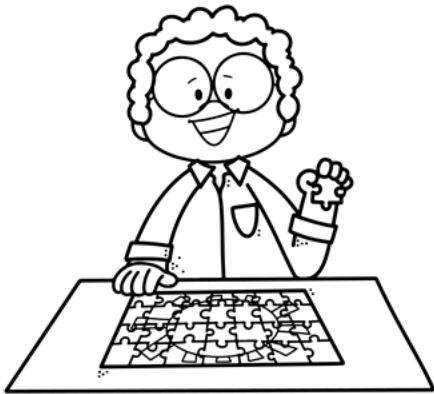


Practicing gratitude by listing things you are thankful for.



Not allowing others to mistreat you.

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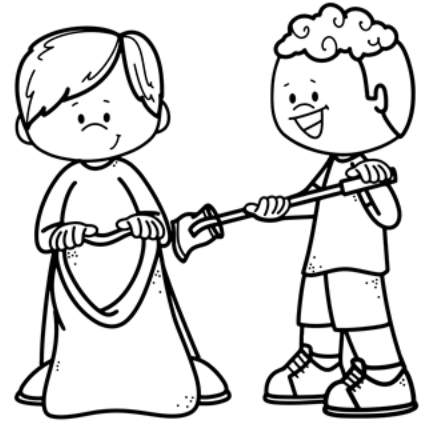


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family and friends.**



**Volunteering
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**Knowing when to
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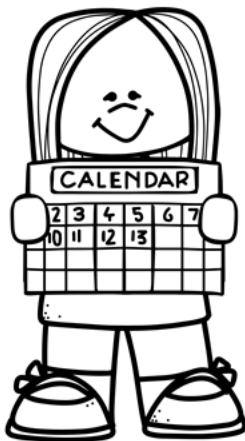
Practical Self-care



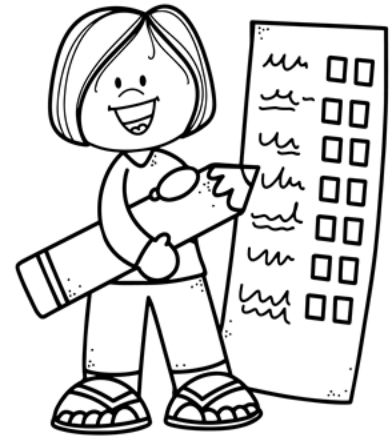
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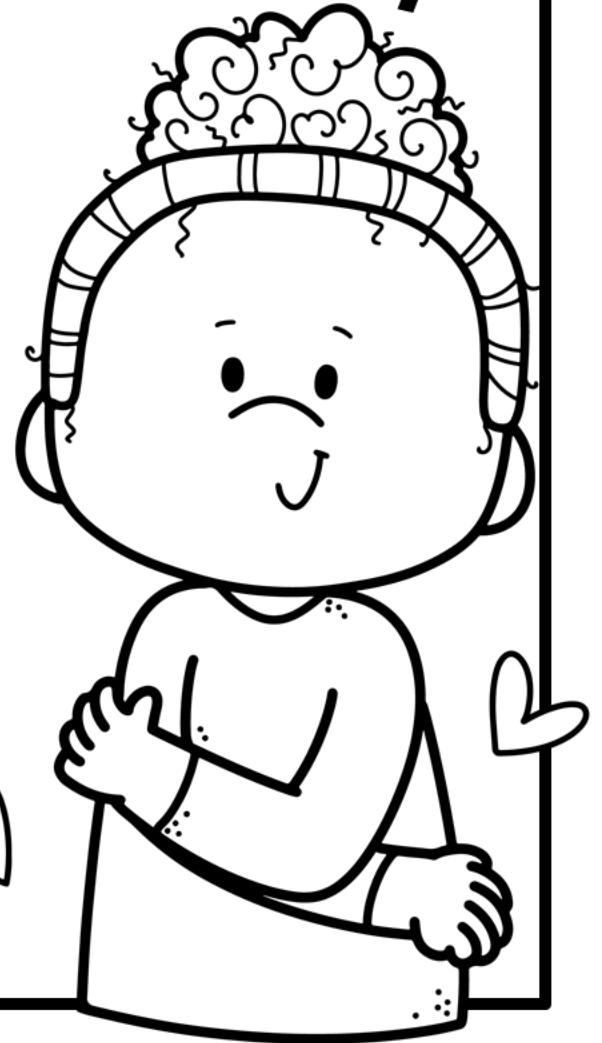
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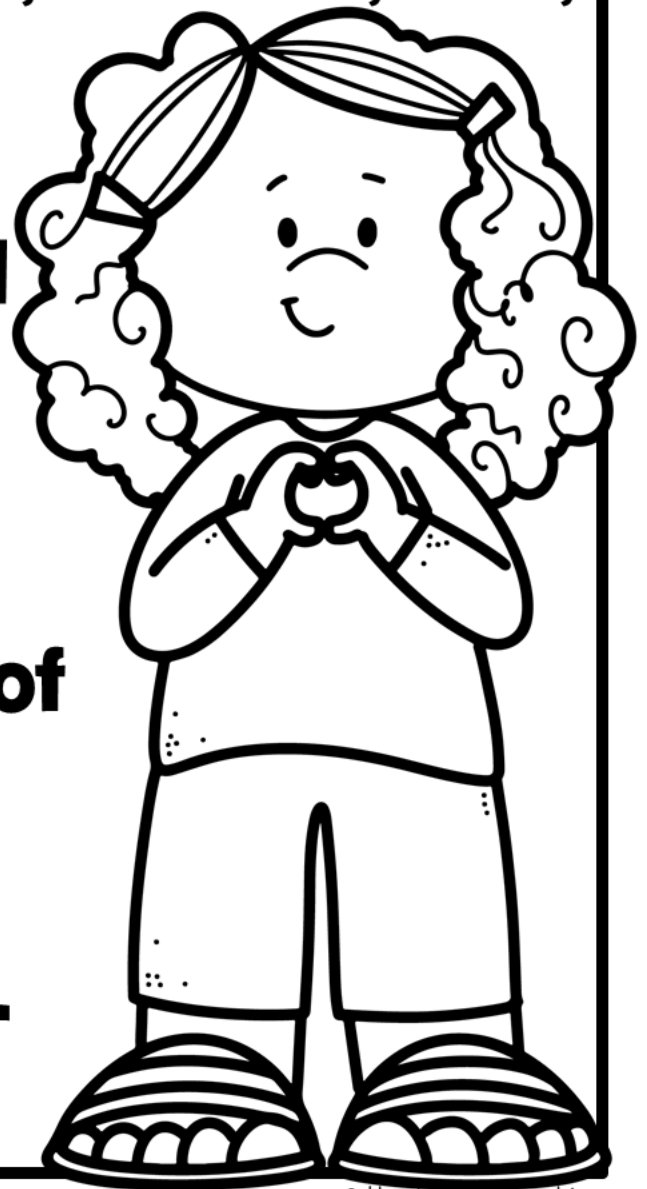
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Signs you need Self-care

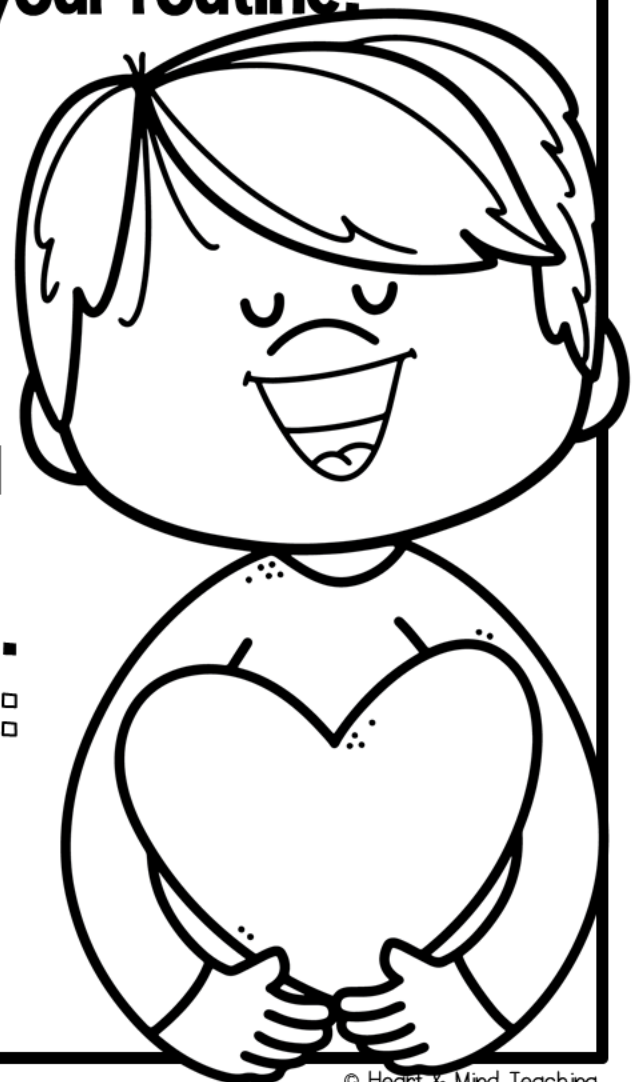
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When you notice these signs, it's important to take action to prioritize self-care. Here are some steps you can take:

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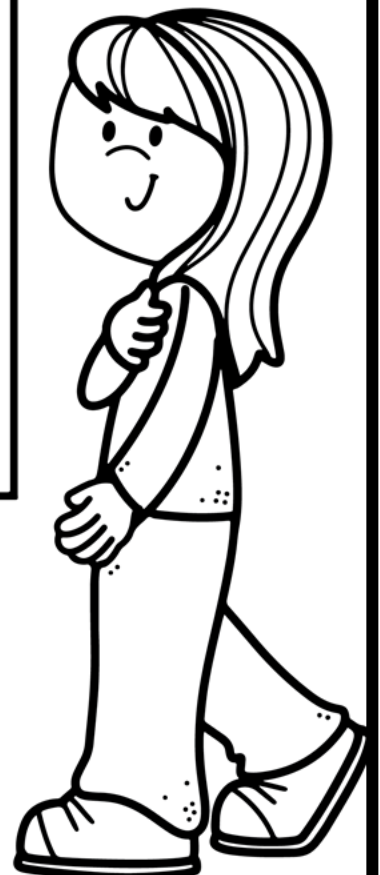
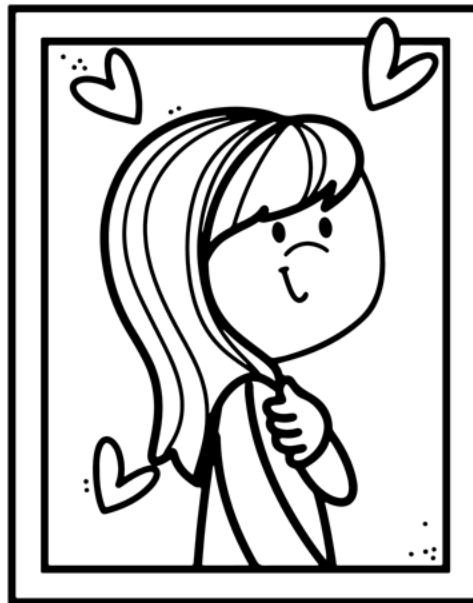


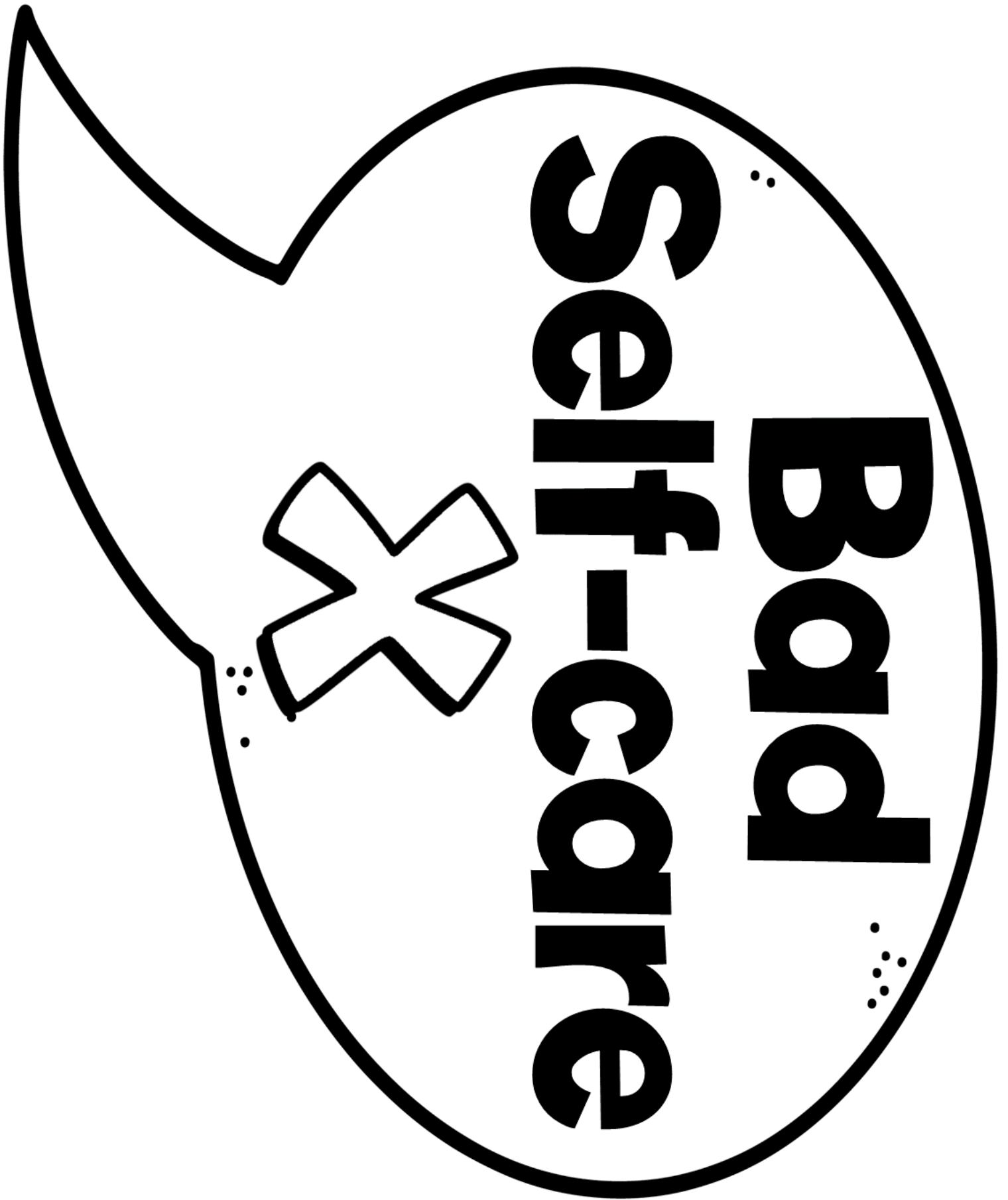
Check-in **with** **yourself:**

**Take a moment during the day to
ask yourself:**

- **How am I feeling today?**
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**Take slow deep
breaths
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Discussion Cards

Jeremiah has been playing video games for hours and his eyes feel tired.



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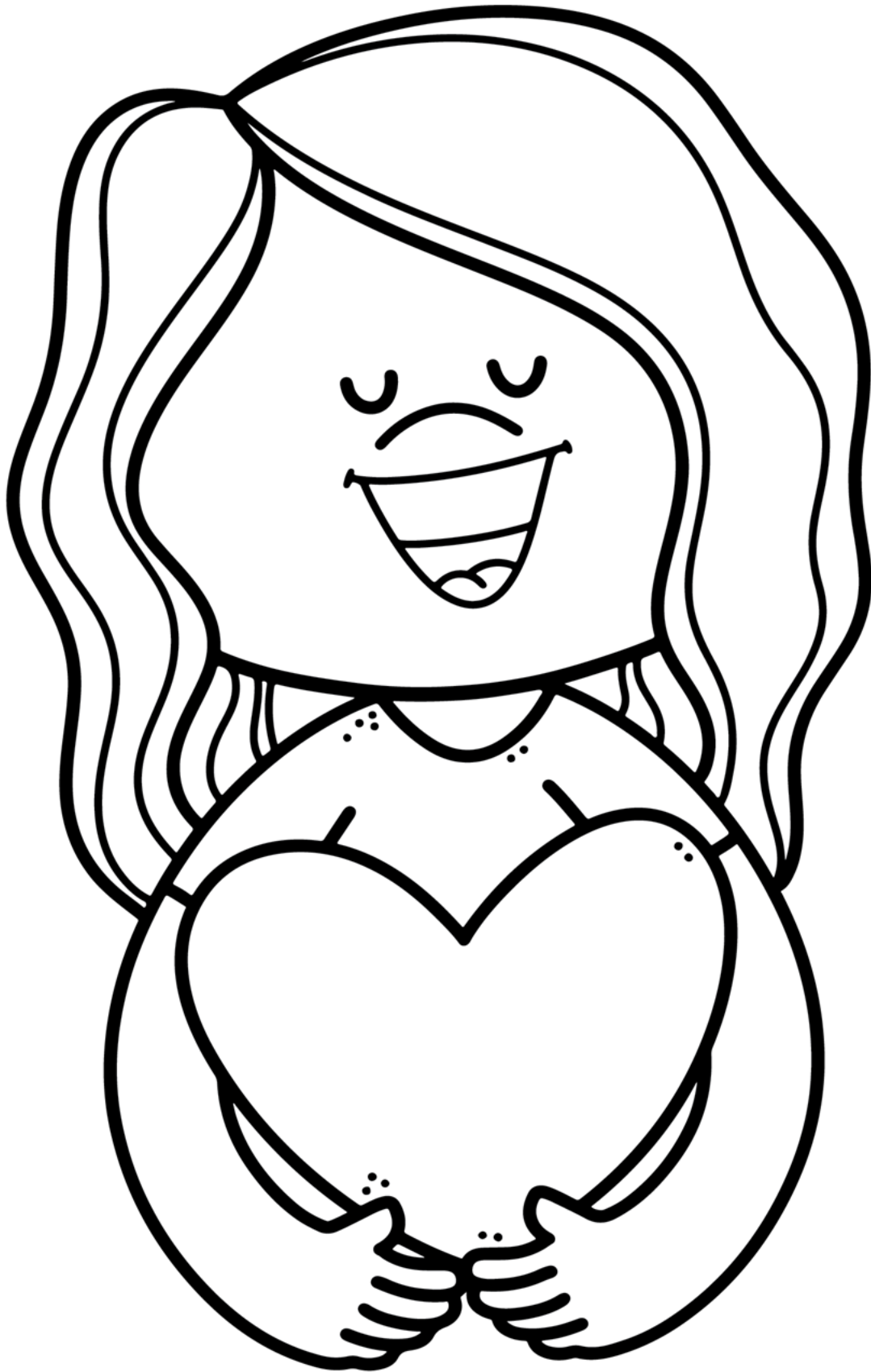


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self-care by :**

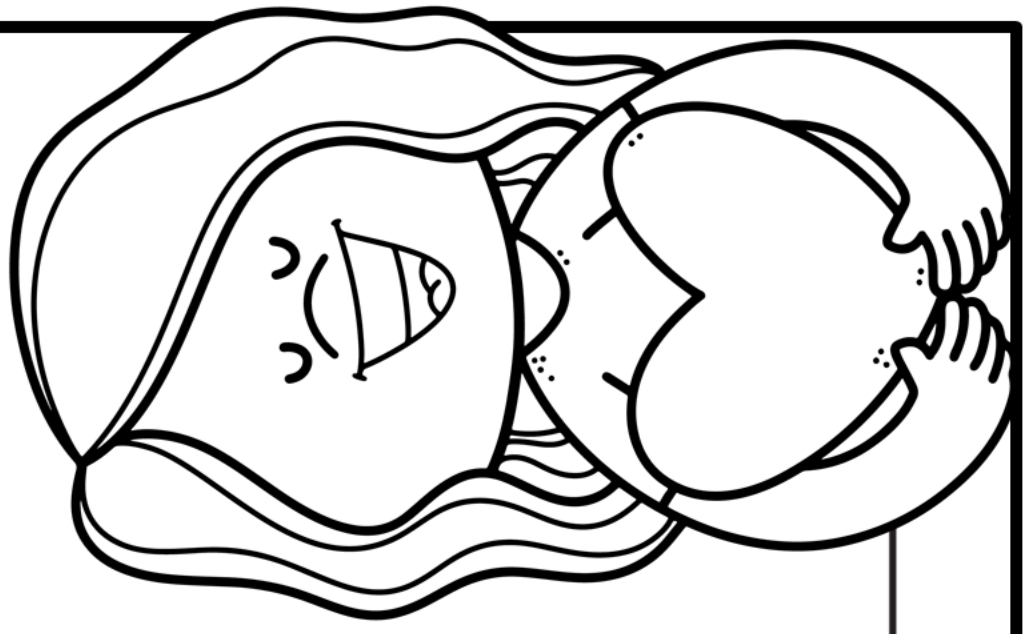
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for letter height guidance. There are four sets of these lines provided for practice.

**I will practice good
self-care by :**

I AM A SELF-CARE PRO

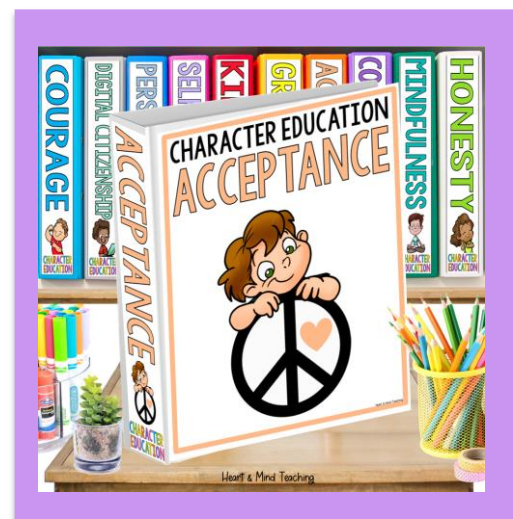
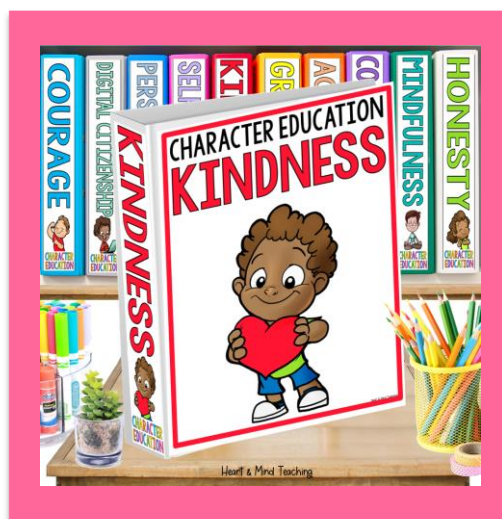
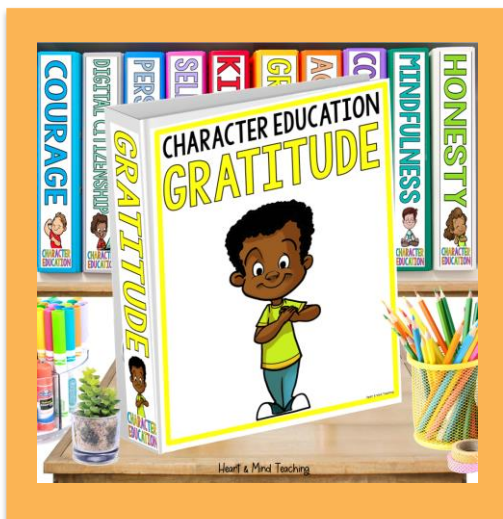
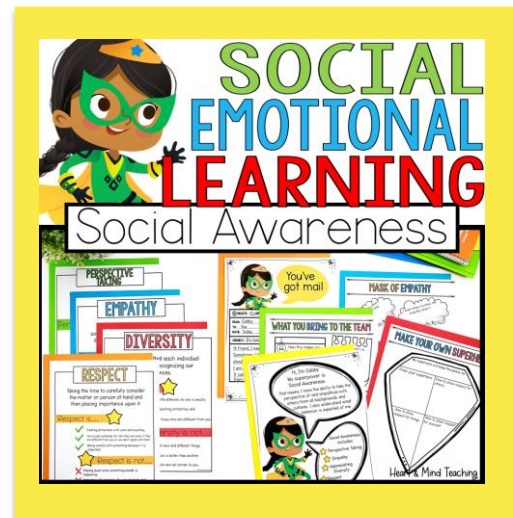
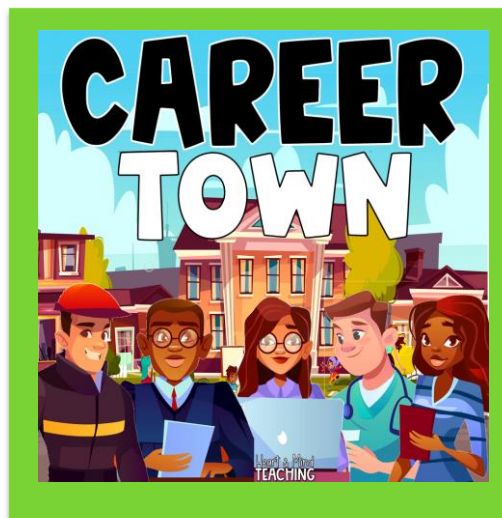
I pledge to
practice
good
self-care.

**Sign
here:** _____



CHECK THESE OUT

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THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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