**Course Title: Self-Care for Students**

**Week 1:**

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| **Week 1:**  Teaching Self-care to Students | **Date: 03/02/2020**  **Planning:**  Students can harness positive thinking to increase their grades, goals, and quality of life by having journals.  **Teaching:**  At the beginning of the class, I will introduce the assignment with gratitude; I recommend writing your gratitude list, then you can share your example and start the activity with my students. I allow them to begin your gratitude journal with being thankful for being alive, for having food to eat and clothes to wear and share our personal gratitude.  **Reflection:**  The activity was very encouraging and pleasant and what my students share. I get to learn about things going on in their lives. The gratitude journal helps build a positive culture in our classroom.  Total Hours: # 6 | **Date: 03/03/2020**  **Planning:**  Students need to know no one learns without making mistakes. In the classroom, we will be taking risks in order to be future risk-takers.  **Teaching:**  The language of taking risks might impact the action of failure, so I will take the sting out of failure will reinvent the concept. The activity is very challenging, student must stack 3 golf balls on top of each other standing.  **Reflection:**  The activity encourages the tone of taking risks knowing you might fail. I told my students that failure will be a option but trying again and succeeding is all up to you.  Total Hours: # 6 | **Date: 03/04/2020**  **Planning:**  Students need to know how to feel when they are feeling low or unhappy, we will focus on self-love and loving yourself.  **Teaching:**  Me and the class will make a list on what you honor and appreciate about yourself ( gifts, talents, skills, and abilities) After we finish the list, we will read it out loud while looking in a mirror and restating your with the words, I Love my…  **Reflection:**  The activity is not an indication of arrogance but just the opposite. Loving yourself is a required condition for building confidence and self-esteem.  Total Hours: # 6 | **Date: 03/05/2020**  **Planning:**  Students need to know health which means eating habits. I encourage them to make conscience choices when it comes down to eating.  **Teaching:**  We will make a list as a class and choose one thing we will stick to for a whole week and see the change or healthy decisions.  **Reflection:**  The activity inspires to plan. Always have a healthy choice instead of junk food which is recommend is to keep a healthy snack nearby.  Total Hours: # 6 | **Date: 03/06/2020**  **Planning:**  Students need to know how to express gratitude. I want them to be optimism, increased satisfaction, and get rid of negative feelings.  **Teaching:**  We will have a gratitude shoutout. Students will write each letter of the alphabet and try to come up with at least one thing they are grateful for under each letter.  **Reflection:**  The activity creates a culture of appreciation that are close relationships and feel better about life and school.  Total Hours: # 6 |

**Week 2: Self-Care for Teachers**

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| **Week 2:**  Improving Self-Care for Teachers | **Date:03/08/2020**  **Planning:**  Being grateful is making sure you are happy with the ways you participate in daily activities.  **Teaching:**  Volunteering is the most effective way to give gratitude for your community.  **Reflection:**  I feel better about myself after volunteering because it makes me happy when I could increase the well-being for the people around me.  Total Hours: # 6 | **Date: 03/09/2020**  **Planning:**  Building confident to part of being competence of one’s self.  **Teaching:**  By doing something that scares you will build your confident and you will get out your comfort zone.  **Reflection:**  I will be able to face fear in its face head on & for every experience I have confidence to do so.  Total Hours: # 6 | **Date: 03/10/2020**  **Planning:**  To truly identify who you are, we must dig deep and define your worth and your ability of self-love.  **Teaching:**  This activity is called yoga and it is for to disconnect to the world and connect without inner self.  **Reflection:**  I will speak form my inner self that treating yourself through meditation will encourage and celebrate the love for yourself.  Total Hours: # 6 | **Date: 03/11/2020**  **Planning:**  As a teacher, its important to teach physical health and model it as well.  **Teaching:**  Its vital to exercise regularly, take a walk, ride a bike, and jog around because it will be improving your health.  **Reflection:**  I believe an individual health impacts the entire mood, so the more you exercise the more your body is exponentially improving.  Total Hours: # 6 | **Date: 03/12/2020**  **Planning:**  Physical health is important, but we also need to focus on mental health. We must have the ability to manage your feelings and deal with difficult situations.  **Teaching:**  The regular day is long so practicing good sleeping habits will affect good habits. The perfect practice is shutting down screen before 1 hour before bed and restrict caffeinated drinks.  **Reflection:**  Making your mental health a priority because it will implement new habits and making you feel strong.  Total Hours: # 6 |

\*Students must keep a log for a minimum of ***60 hours*** (about 2 weeks); however, students may track activities for longer if needed.

**Total Hours: #60**