**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**