

Online Resource 3.6 • Self-Care

OBJECTIVE	STUDENTS WILL BE ABLE TO RECOGNIZE THEIR STRESSORS AND CREATE SELF-CARE HABITS TO HELP REDUCE THEIR STRESS.	
Introduction to Lesson/Ground Rules	1–2 minutes	<p>Sample Rules:</p> <ul style="list-style-type: none"> • We will support one another and create a safe space. • We will allow everyone to share their thoughts and feelings. • We will listen to how our bodies feel. • If something hurts or does not feel good, we will stop, knowing that each person and body is different. • We will focus on having a good time.
Breath Work	2–3 minutes	<p>“Focus Ball Breathing” (Willard & Nance, 2018):</p> <ul style="list-style-type: none"> • Sit with your legs and feet together. • Bring your palms together in front of your chest. • Keep your fingertips together as you pull your palms apart, forming a ball with your fingers. • Press your fingertips together until you feel the muscles in your hands and arms activating. • Close your eyes. • As you breathe in, inflate your ball. • As you breathe out, flatten the ball by pushing your palms together.
Setting the Stage	8 minutes	<p><i>My Incredible Talking Body</i> by Rebecca Bowen (Fagin, 2020)</p>
Discussion	3–5 minutes	<p>Define self-care and the different types with examples.</p> <p>Review info about the vagus nerve and its role in heart-mind connection. (See Chapter 1 for more information on the vagus nerve; see also Mason, Rivers Murphy, & Jackson, 2020, Chapter 2.)</p>
Warm-Ups	2–3 minutes	<p>Shoulder Rolls:</p> <ul style="list-style-type: none"> • Sit up straight and get into a comfortable position in your chair. • Bring your shoulders up as high as you can. • Breathe in as your shoulders rise. • Breathe out as you let your shoulders fall back down. • Now move your shoulders in a circular motion.

(Continued)

(Continued)

OBJECTIVE	STUDENTS WILL BE ABLE TO RECOGNIZE THEIR STRESSORS AND CREATE SELF-CARE HABITS TO HELP REDUCE THEIR STRESS.	
		<ul style="list-style-type: none">• Lift them up and move them down. Continue to roll your shoulders.• Breathe in again as you bring your shoulders up as high as you can.• Breathe out as you let your shoulders fall back down. Neck Stretch: <ul style="list-style-type: none">• Sit up straight and get into a comfortable position in your chair.• Gently let your head fall to one side.• Breathe in and breathe out.• Gently let your head fall to the other side.• Breathe in and breathe out.• Sit up straight and tall.• Let your head fall toward your belly.• Breathe in and breathe out.
Relaxation and Meditation	1–3 minutes	Get Your Grumpies Out (adapted from <i>Mindful Moments for Kids</i> by Kira Willey, 2016): <ul style="list-style-type: none">• Tune into how you're feeling in this moment. Maybe you're grumpy, sad, or mad. Make a face to show how you're feeling. Today we talked a lot about finding activities and strategies that can help us feel better. We're going to try one today.• Take a really big breath in and blow any bad feelings you're having away. We're going to repeat that two more times, just to make sure we got them all out! Take a really big breath in and blow any bad feelings you're having away. Now, let's do it one more time. Take a really big breath in and blow any bad feelings you're having away.• You can use this any time you need to get any bad feelings out and help you feel better.
Discussion	2–3 minutes	Discuss the following questions as a group: <ol style="list-style-type: none">1. How do you know when you feel sad, mad, grumpy, or stressed? How does your body feel?2. What activities make you feel better?3. What did you learn today that can help you feel better when you are stressed?

Source: Adapted from Willey, (2017).

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.