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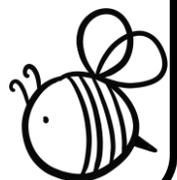
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**CONVERSATION GAME**

**SOCIAL SKILLS**

1. What does it mean 'to be a good sport'?
2. Have you ever been a 'good sport'? how does it make your friends feel?
3. When you are a 'good sport' how does it make your friends feel?

**EMOTIONS**

1. Can you describe a time when you felt happy?
2. What makes you happy? How do you feel in your body when you are happy?

**SELF-ESTEEM**

1. What does it mean to admire someone?
2. Can you name someone who you admire?
3. What are the qualities that you admire in that person?

**FRIENDSHIP**

1. What does it mean to include someone?
2. How do you include your friend?
3. How does it make your friend feel to be included?



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Week 12



# SELF-CARE





#mindfulmonday

## Teacher/ELSA Ideas/suggestions



How can you take care of yourself. Self care is about looking after your body and your mind. Use circle time to find ideas on how children can look after their bodies. Use the sentence stem. We can take care of our bodies by...



Set an exercise challenge asking pupils to run around the playground 3 times every playtime for a whole week.



How can you take care of your mind? What sort of things would help to take care of that? Use circle time to talk about the different things we can do to take care of our minds. Use the sentence stem. We can take care of our minds by...



Taking care of our minds can be about sharing our feelings. Who can they talk to about their feelings? Ask them to draw pictures of people they could talk to about their feelings.



Use the list provided and ask children to sort them into 'mind', 'body' and 'both'. This could be done as a group with you writing them on a whiteboard. This gives chance to discuss in further detail.



Using the writing paper ask pupils to make a list of things they can do to take care of themselves? It might be on the big list but it might be something else too.



Ask pupils to design a poster to show how we can take care of ourselves.



Introduce the worksheet. Ask pupils to create their own self-care plan. Things they can do to take care of themselves physically and take care of their mind.



How can you take care of your body and your mind?

*#mindfulmonday*

- Share your problems
- Help others
- Be grateful
- Relax
- Take a break
- Laugh
- Spend time with friends
- Exercise
- Eat healthy
- Be mindful and take notice
- Share your feelings
- Be kind to yourself
- Be proud of your achievements
- Keep clean
- Visit doctor if ill
- Eat healthy
- Brush your teeth
- Do things you enjoy
- Get a good night's sleep
- Be creative
- Drink water
- Stroke a pet
- Spend time with your family
- Keep a journal
- Take a bubbly bath
- Think happy thoughts
- Be brave
- Stand up for yourself

Name



How can you take care of your body and your mind?

#mindfulmonday

# SELF-CARE



Body



Mind

Name





**AWESOME**

On completing the

**WOW**

**Self Care  
Challenge**

Presented to: .....

Signed: .....

Date: .....



**AWESOME**

On completing the

**WOW**

**Self Care  
Challenge**

Presented to: .....

Signed: .....

Date: .....

