

3-Session Wellness Series for Students in Grades 3-5

Session 1: Taking Care of Ourselves *aka Self-Care*

Session 2: Understanding Our Feelings & Being Kind to Ourselves *aka Self-Compassion*

Session 3: Self-Kindness *aka Affirmation Stations*

- All sessions start off with reinforcing safe space ground rules, doing breathing/grounding exercises and movement.
- This series has an accompanying booklet full of tips and activities to complement sessions.

Wellness Session 1 – Self-Care

Slide 2 – Intro, Ground Rules

Slide 3 – Emoji check-in – how are you feeling today?

- Explain each image
- SAY: Put your hand up for the symbol that you're feeling right now
- Support staff member: Write down # of students that put their hand up for each of the 4 feelings

Slide 4 – Breathing Exercise

- Say: Breathe in fully, hold your breath, then exhale/breathe out
- Use whatever # of seconds works best for you!

Slide 5 – Title Slide

- Ask: What is self-care?
- Self-care means taking time to do things you enjoy
- Self-care also means taking care of yourself
- Make self-care a priority and a habit
- A few minutes of self-care is better than no self-care
- Keep up with self-care, even when you're feeling good

Slide 6 – Why is Self-Care + Self-Love Important?

- Say: Give me a thumbs up, side-ways, or down if you know the artist Lizzo?!
- Play first 45 seconds of Lizzo's song, "En Love"
- Read out quote
- Say: Why is self-care and self-love important? It's required for survival!

Slide 7 – Question to ask yourself

Slide 8 – Self-Care Ideas (**ACTIVITY** PAGE 3)

- Read through the list
- Activity: Star your favorite things on the list!
- Say: Good habits we already do are part of self-care. Important to have a list of things you can do when you are feeling sad or need to feel better.

Slide 9 – Self-Care when you're mad or sad

- Say: When you feel mad or sad, try to do these two things to help you calm down

Slide 10 – Choose one of these Self-Care ideas to do right now! (coloring on pg 7/8)

- Give them 5 minutes to do activity

Slide 11 – Self-Care Wheel (**ACTIVITY** PAGE 2)

- Choose 6 areas from pg. 1 that you can add some self-care ideas to, whether they're new ideas or things you already do
- Examples:
 - Physical – Playing your favorite sport, dancing, sleeping
 - School – Telling your teacher what you need
 - Family – taking a break – having alone time
 - Friends – playing with them
 - Cultural – enjoying/celebrating a holiday
 - Spirituality – prayers
 - Emotional – writing in journal
 - Creativity – drawing, coloring

Slide 12 – Breathing Exercise

- Breathe in fully, Hold your breath, then exhale/breathe out
- Use whatever # of seconds works best for you!

Slide 13 – How are you feeling now?

- Explain each image
- SAY: Put your hand up for the symbol that you're feeling right now
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Slide 14 – How was the session?

- Thumbs up if you liked it, Thumbs down if you didn't like it, Thumbs sideways if it was somewhere in between. What did you think could be better?
- Support staff member: Write down # of students that put their hand up for each of the 3 thumbs, and any additional feedback

Wellness Session 2 – Self-Compassion

Slide 15 – Intro, Ground Rules

Slide 16 – Emoji check-in – how are you feeling today?

- Explain each image
- SAY: Put your hand up for the symbol that you're feeling right now
- Support staff member: Write down # of students that put their hand up for each of the 4 feelings

Slide 17 – Breathing Exercise

- Say: Breathe in fully, hold your breath, then exhale/breathe out
- Use whatever # of seconds works best for you!

Slide 18 – Title Slide

- What is self-compassion?

This past year was a bit different and maybe a little bit hard for us, in different ways. Today, we want to acknowledge when we feel sad, or something is hard, see how our body and mind are feeling, and learn how we can be more compassionate/kind/nice to ourselves when we feel mad/sad/are having a hard time.

Slide 19 – Sadness/Tension in our bodies

Tension/Sadness can make us feel different things.

In our body:

Trouble sleeping	Nausea	Muscle Tension
Change in Eating Habits	Dizziness	
Headaches	Numbness	

In our mind:

Anger	Anxiety	Overwhelmed
Irritability	Disinterest	Powerless
Sadness	Forgetfulness	

What does it feel like? Where would we feel it? Might have some of these symptoms or you might not. Everybody is different, don't compare yourself

ACTIVITY: Feelings Ball Toss – state an emotion you're feeling right now

Slide 20 – Color Your Body (ACTIVITY PAGE 10)

- Pick one color and mark places on your body that feel tension.
- Pick another color and mark places on your body that feel relaxed.

TENSE IN BODY:

- Maybe you have a little pain in your hands from writing too much – color hand
- Maybe you were standing too long and your feet hurt – color feet
- Maybe you have a bit of a headache – color head

RELAXED IN BODY:

- Maybe you feel relaxed on your back because you're in a nice comfy chair – color back

- Maybe you feel nice in your tummy because you had a yummy lunch – color tummy
TENSE IN MIND:

- Maybe you were feeling stressed, so your body felt tense – color shoulders
- Maybe something made you feel sad – color head or face

RELAXED IN MIND:

- Maybe you had fun playing with a friend today, so your heart feels happy – color heart

ASK: Does anyone want to share out their tense or relaxed feelings?

Slide 21 – Movement + Body Visualization **ACTIVITY**

- We talked about how we might feel emotions in our body. Moving our bodies can help us with our emotions. Let's do a little exercise that can help us.
- Using our imaginations, let's pretend that we have some sadness/grief on our arms, shake it off; our face shake it off; the top of our heads, then arms again.
- You can choose to stand or sit for this.

Slide 22 – Self-Compassion

- When we are experiencing feelings of sadness or feeling tense, one of the things we can do is to practice self-compassion.
- ASK: Does anyone know what self-compassion is?

3 Components of Self-Compassion:

- Mindfulness: Exploring and understanding your feelings - take a few deep breaths and **observe the feelings** that arise - be aware of what's happening in body/mind/life
- Self-Kindness: Validate your feelings, **offer gentleness and warmth**; be kind to yourself
- Focus on Common Humanity: These feelings are normal responses to an abnormal situation; **I'm not alone**; this is a very challenging time; other people feel this way too. Know you are not alone, we all go through some of the same emotions, and especially in this room, you may feel like you have the same experiences as your classmates, or different.

Slide 23 – Kind Words for Friends (**ACTIVITY PAGE 12**)

- 5 minutes solo activity
- Share out loud, draw, or write down solo – whatever you do is fine

Slide 24 – Kind Words For Yourself

Think about how you may typically encourage or treat yourself when in a similar situation.

What would you usually tell yourself if you were having a hard time making friends or in another difficult situation?

We need to make sure we are treating ourselves with as much compassion as we do for others. As much as it's important to be nice to others, it's just as important to be nice to yourself when you're struggling or are having a difficult time.

ACTIVITY: Self-Compassion Jenga + Hula Hoop Venn-Diagram / Compassion for self vs. others

Slide 25 – Talk to yourself like you would to someone you love – Brene Brown

It's really important to offer yourself the empathy, warmth, and support you deserve. Be kind to yourself, love yourself, and have compassion for yourself always!

Slide 26 – Breathing Exercise

- Breathe in fully, Hold your breath, then exhale/breathe out
- Use whatever # of seconds works best for you!

Slide 27 – How are you feeling now?

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Slide 28 – How was the session?

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Wellness Session 3 – Affirmations

Slide 29 – Intro, Ground Rules

Slide 30 – Emoji check-in – how are you feeling today?

- Explain each image
- SAY: Put your hand up for the symbol that you're feeling right now
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Slide 31 – Breathing Exercise

- Say: Breathe in fully, hold your breath, then exhale/breathe out
- Use whatever # of seconds works best for you!

Slide 32 – Title Slide

- ASK: What is an affirmation?

Slide 33 – What is an affirmation?

- Statements we say to ourselves
- Affirmations help us be more positive
- Affirmations help us appreciate who we are
- Affirmations help us feel motivated and confident

Slide 34 – Why are affirmations important?

- Nurture and affirm your authentic self
- When you repeat affirmations often, you believe in them!
- A positive word spoken to ourselves each day can make such a difference to our whole body, our mind and our heart.

Slide 35 – Affirmation Writing (**ACTIVITY** PAGE 11+12)

- Read through the examples on pg.11
- ASK: What's another example?
- Support staff member: HAND OUT: affirmation pencils
- Think about your moments of growth, your favorite attributes about yourself or things you are grateful for.
 - My mind is full of brilliant ideas
 - I am so proud of who I am
 - I will allow peace to fill my soul
 - I am allowed to take up space
 - I am the master of my own narrative. I occupy space with boldness. I am purposeful and empowered with my voice. I deserve to take up space.
 - I know it can get tough out there, but I know I am designed for greatness – Danai Gurira
 - I love me for simply being

- I make a difference in the world by simply existing in it
- **My skin is a gorgeous shade.** It sparkles like gold. **My hair is the perfect halo for my head.** It's stunning and strong and soft at the same time, just like me. **My body is beautifully perfect.** It is the perfect body for me. I am more than my shape or size—I am love and joy and beauty
- Even if it makes others uncomfortable, I will love who I am. – Janelle Monae, singer-songwriter and actress
- Pair + Share: Turn to a neighbor and Practice sharing positive affirmations with one another
- Write your own on pg.12!

Slide 36 – Popular Book Titles of people who have written autobiographies/ memoirs about themselves.

Slide 37 – If someone were to write a book about you, what would the title be?

What kind of book is it? (ACTIVITY PAGE 10)

Who are you? You are so many amazing things. Choose an affirmation - a nice thing you like about you.

- "More than enough"
- "Becoming"
- "Growing"
- "Strong voice"
- "The wonderful adventures of ___ who is strong/brilliant/kind/a leader /making a difference"

Additional Affirmation ACTIVITIES to incorporate if you have time:

Beading Station

- Create a bracelet that includes a positive affirmation about yourself
- Choose colors and words that make you feel good and remind you of the wonderful person that you are every day!

"I Am ..." Affirmation Mirror

- Think of an affirmation for yourself and write it on a sticky note
- Stick note on mirror, look at yourself and say your affirmation loud and proud!
- The more we reinforce an idea, the more we believe it. Focus on positivity about ourselves, instead of negative thoughts.

Slide 38 – Breathing Exercise

- Breathe in fully, Hold your breath, then exhale/breathe out
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Slide 39 – Emoji check-in – how are you feeling now?

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Slide 40 – How was the session?

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