



- Guidance Lesson -

Fill your cup:

Objective: Remind students of the importance of self-care and arm them with self-care activities to integrate into their daily lives.

Estimated Time: 15-20 minutes

Materials: pen/pencil, self-care activity sheet, cup, beads/marbles, candies

Activity/Discussion:

1. Post this image on the board/screen.
2. Ask students to explain the meaning.
3. Explain how this statement relates to you as a teacher.
4. Ask students to define self-care in their own words.
“Self-care is the intentional care of ones’ mental, physical, and emotional health through everyday practices and activities”.
5. Have students get into groups of 2-3 to brainstorm self-care activities they can incorporate in their daily lives.
6. Show the students the empty cup on your desk. Have students share a self-care activity from their list. Add a piece of candy, bead, marble, etc to the cup for each idea shared.
7. Have the students complete the self-reflection questions. If time allows, ask students to share responses.



Student Reflection:

1. Is it selfish to take care of yourself before you take care of others? Why or why not?
2. What self-care activities are currently part of your daily life?
3. What activities are currently emptying your cup?
4. What self-care activities would you like to stop or start including in your daily life?