

# ABC's of Self-Care

## Unit 1 | Bulletin Board Activity

Showing yourself some love and care is more important now than ever!

Self-care is any way we stop to take time for ourselves. Have your students take some time to brainstorm ways they practice self-care already or in the future. We recommend decorating a bulletin board in a public space like the hall so students walking by have a reminder to unplug and be kind to themselves! Even better, promote it school-wide by having each grade create their own self-care board!



## Unit 1 Theme: Self-Care

### Purpose

Create a sense of community in your school building by implementing a school-wide SEL theme. Themes help connect administrators, students, and staff members to create an engaging and motivated learning environment.

### Implementation Suggestions:

#### 1. Theme Kick-Off

Morning Announcement Script: “Good morning, Panthers [insert school mascot]! This month’s theme is self-care. Self-care is the way we take care of ourselves by doing things that make us feel relaxed and happy. Keep an eye out for our SEL ‘Showing Self-Care’ bulletin boards this month to see if you show yourself self-care like other Panthers [insert school mascot] in the building.”

#### 2. Student and Staff Incentives

Print off and use our ‘Self-Care Cup’ badges to reward members of the school building who you see showing themselves some love by filling up their cups.

#### 3. Community Involvement

Spread the word! Print off our Unit Overview to send home to parents and guardians to let them in on the fun.

## INSTRUCTIONS

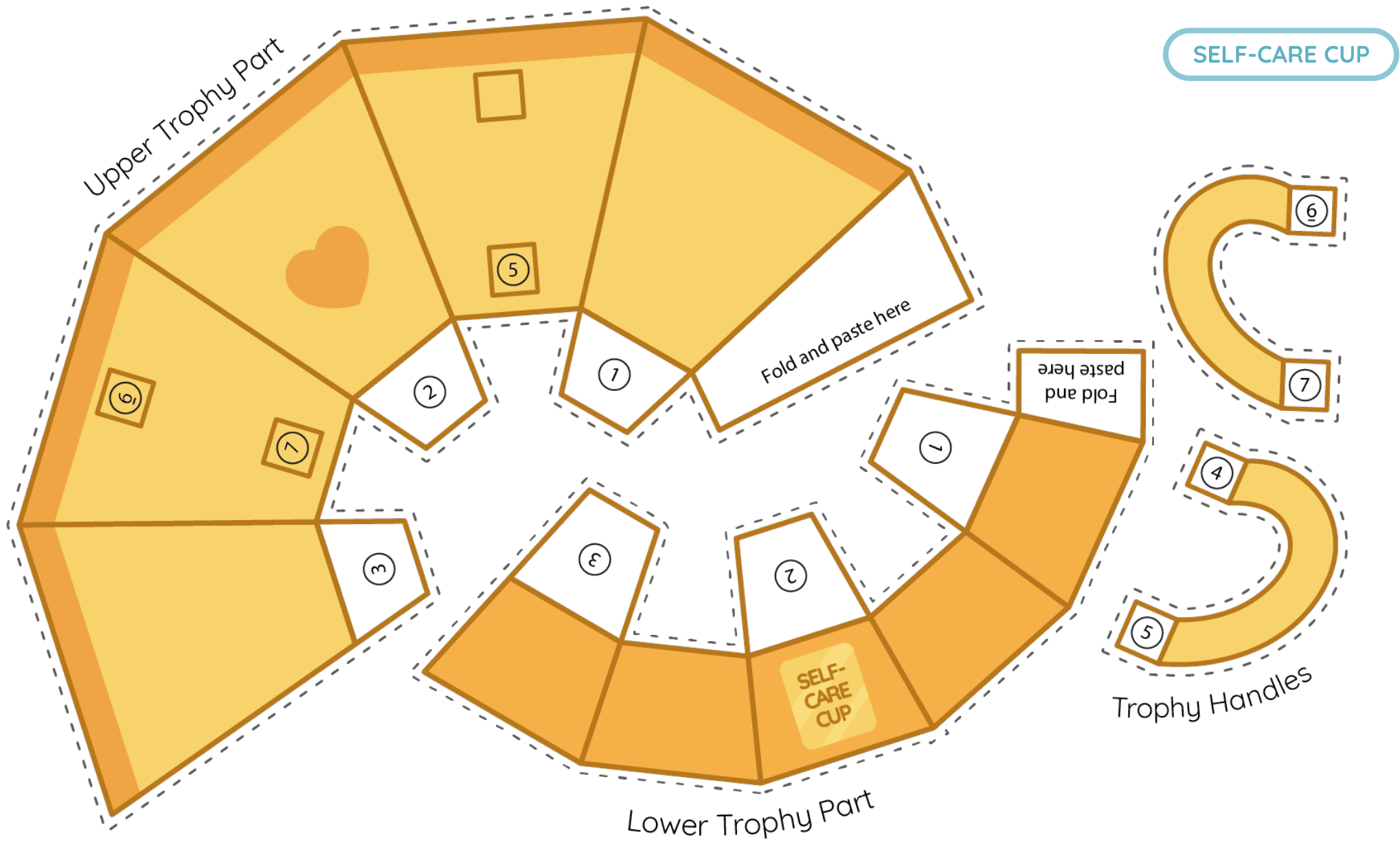
- 1) Print all pages.
- 2) Cut out Pictures, Letters/Words, Text Box Cut-Outs.
- 3) Have a class discussion on Self-Care. Help students begin to brainstorm self-care ideas.
- 4) Have students fill in self-care ideas (on the Text Box Cut Outs) that associate with each letter of the alphabet. [Idea: Each student is assigned a letter OR whole class discussion/activity to brainstorm ideas for each letter.]
- 5) Assemble your students' response onto your bulletin board!



★ Show yourself some love! How do you practice self-care?

TITLE

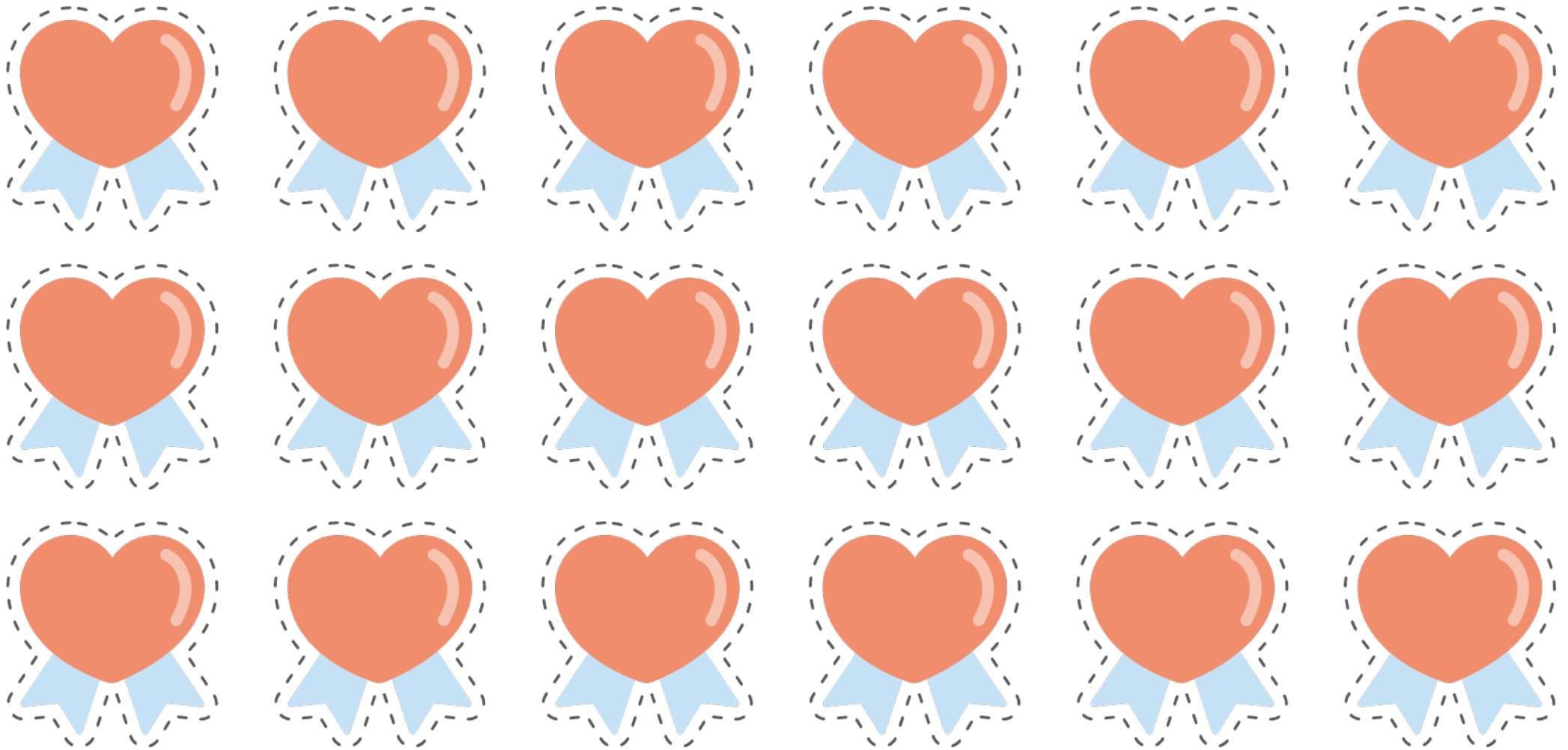
# ABC'S OF SELF-CARE



Print out as many copies of this page as you like

★ Show yourself some love! How do you practice self-care?

SELF-CARE BADGE



★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

A

What do you do to  
practice self-care?

B

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

C

What do you do to  
practice self-care?

D



★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

E

What do you do to  
practice self-care?

F

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

G

What do you do to  
practice self-care?

H

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

I

What do you do to  
practice self-care?

J

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

K

What do you do to  
practice self-care?

L

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

M

What do you do to  
practice self-care?

N

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

O

What do you do to  
practice self-care?

P

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

Q

What do you do to  
practice self-care?

R

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

S

What do you do to  
practice self-care?

T



★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

U

What do you do to  
practice self-care?

V

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

W

What do you do to  
practice self-care?

X

★ Show yourself some love! How do you practice self-care?

QUESTION PROMPT

What do you do to  
practice self-care?

Y

What do you do to  
practice self-care?

Z

- ★ How can we teach our students to practice self-care if we don't do it ourselves?  
Print this out and leave as a reminder for yourself to do one nice thing each day!

**SELF-CARE BINGO**

**SELF-CARE BINGO  
FOR TEACHERS**

Be creative	Exercise	Don't work over lunch	Say an affirmation	Say no
Take a nap	Read a book	Do some yoga	Write in a journal	Think of 5 things you're grateful for
Meditate	See a friend	Try something new	Take a bath	Do some desk yoga
Do box breathing exercises	Watch your favorite movie	Think about how you've helped a student this month	Get outside	Find time for a hobby
Stay hydrated	Make a healthy meal	Get enough sleep	Go for a walk	Make time for you

Don't forget to share!

Show off your completed bulletin boards by posting a photo on Instagram and tagging us with [@everydayspeech](https://www.instagram.com/everydayspeech) and hashtag: [#myESboard](https://www.instagram.com/hashtag/myESboard)!

This is a great way to showcase your students' creativity and connect with fellow Everyday Speechies from across the country.

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