



# Self-Awareness

## Mind, Body, Soul

### Pre-Teaching/ Guiding Language:

“You cannot pour from an empty cup” is a saying that resonates with so many of us for so many different reasons. If you try and give to others before giving to yourself, you will be unable to effectively show up for the ones you love. Self-care has become increasingly trendy with the rise of online influencers. However, self-care does not always mean a bubble bath and face mask or an expensive weekend away in a secluded cabin.

Self-care is different for everyone and understanding and reflecting on how you can care for all the different parts of you is essential to partaking in the most effective self-care routines. Self-care should focus on your mind, body, and your soul. Examples of each are:

1. **Mind:** Nurturing your mind can happen in many different forms. For some people this can be learning a new skill, reading, or researching. For others it can be shutting their mind off. Turning off your phone, laptop, and any distractions and giving your mind a break.
2. **Body:** For some people the typical bath, massage, or even a nap can be what they need to relax and recharge. For others, hitting the gym, going for a run or other physical activity rejuvenates their body.
3. **Soul:** Recharging your soul can be confusing to people, because we all think of our soul differently! However, if we are neglecting our soul, we are ignoring the very core of what makes us our own unique person. To care for your soul, you must look internally and identify your passions and your beliefs. Maybe you are passionate about singing - then a way to recharge your soul would be to set aside time each day to practice singing!

### Key Takeaways:

- Students will recognize how self-care differs from person to person.
- Students will understand how to nurture their mind, body, and spirit.
- Students will understand how and when they need to take care of themselves.

### Duration + Materials:

- 25 Minutes
- Writing utensil / markers
- Mind, Body, Soul handout

### Key Vocabulary:

- **Effective-** Successful in producing a desired or intended result.
- **Unique-** One of a kind, unlike anything else.
- **Rejuvenates-** Give a new energy or vigor to.



## Activity:

1. Teachers will introduce the idea of self-care.
2. Teachers will then walk students through the three different types of self-care.
3. Teachers will lead a discussion with students, using the discussion questions, to brainstorm some different methods of self-care.
4. Teachers will provide students with the handout attached and have students fill in with words or drawings how they plan on taking care of the mind, body, and soul.

## Discussion Questions:

1. When you think of self-care what comes to your mind?
2. When do you feel the most rested and relaxed?
3. What is something that brings you joy?
4. How do you like to rest your mind?
5. When does your body feel the most at peace?
6. What excites you the most?
7. What gets your soul excited?

## Supplemental Materials:

- Mind, Body, Soul handout

## Reinforcement Activities:

1. Teachers should allow students the opportunity to explore topics in class that help them nourish their mind, body, and soul. For example, provide opportunities for students to choose if they want to write or draw for certain projects or work.

