



TOPIC

Caring & Compassion

LEVEL

Second Grade

THEME

Self Care & Self Compassion

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Understand what self-care is and what self-compassion is.
- Create a self-care plan to implement in their own lives.

MATERIALS

- Blank paper
- Colored pencils, crayons, or markers
- Flower petal template (one per student)
- Chart paper or whiteboard

ESSENTIAL QUESTIONS

- What are ways that we can take care of ourselves?
- How do we practice self-compassion?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Let's sit in our circle for our Aavidum lesson. Today we're going to learn about two important ideas: self-care and self-compassion. These are about how we take care of ourselves and how we treat ourselves kindly, just like we treat our friends. On your paper, draw a face that shows how you are feeling right now. It could be happy, tired, excited, worried, or anything else!"

- Give students 2-3 minutes to draw.
- Invite students to share if they'd like. Tell them they can pass if they're not comfortable sharing.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: "What helps you feel better when you are sad, tired, or upset?"

Write answers on the board - example: hugs, talking to family, playing outside, reading, resting.

Say: "Self-care means doing things to keep our body, mind, and feelings healthy, so we can feel our best. Self-compassion is when we are gentle and kind to ourselves, especially when things don't go as planned or we make mistakes."

Say: "Raise your hand if you've ever made a mistake." (Allow all to respond.)

Ask: "What do you usually say to yourself when that happens? Do you say kind words, or do you say mean words to yourself?"

- Briefly discuss examples, then model a better response:

Say: "Mean self-talk would be saying: 'I'm so bad at this! But self-compassion would be saying, 'I'm learning. I'll keep trying, and that's okay.'"

CONTINUED GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: "Does anyone know what the phrase self-care means?"

- Take student responses.

Say: "Self-care is when we do things to help our bodies, minds, and feelings stay healthy and happy. It can be simple things, like getting enough sleep, eating good foods, playing outside, or talking to someone when you feel sad. Taking care of yourself is important because it helps you feel your best, and when you feel good, it's easier to be kind and help others too. At Aavidum, we say 'I've got your back,' and that means we care about each other. But it's also important to have your own back. When you practice self-care, you are showing yourself the same kindness and care that you show to your friends. That's part of what makes our Aavidum community strong. So let's go over what self-care teaches us."

Put three headings on the board: body, mind, and feelings and write student responses to the next questions in the appropriate columns.

- Ask:
 - "What are ways we take care of our bodies?"
 - Guide to responses of eating healthy foods, sleeping, exercise, brushing teeth.
 - "How do we care for our minds?"
 - Guide to responses of reading, learning new things, solving problems.
 - "How can we take care of our feelings?"
 - Guide to responses of talking to someone you trust, taking deep breaths, doing something fun, being kind to yourself.

ACTIVITY: SELF CARE FLOWER (20 MINUTES)

Instructions:

- Hand out flower petal templates to each student.
- Say: "On each petal, draw or write one thing you do, or would like to do, to take care of yourself. Think about your body, your mind, and your feelings. You can also add things that make you feel better when you're sad."
- Allow students time to decorate their flowers. Consider putting music on in the background.
- Say: "When you're done, share ONE petal with the class. For example: 'One way I take care of myself is by going to bed on time' or 'I feel better when I talk to my mom.'"
- After sharing, remind students to also share one petal with an adult at home later.

WRAP-UP (5 MINUTES)

Say: "Today we learned that self-care means taking care of our body, mind, and feelings, and self-compassion means being kind to ourselves, especially when things don't go perfectly."

Here's your Aavidum Challenge for this week:

- Pick two things from your flower petals and practice them this week.
- Practice saying kind words to yourself when you make a mistake."

End with Aavidum cheer:

- Say: "What does Aavidum mean?"
- Students reply: "I've got your back!"
- Say: "Right! This week, let's show that by having our OWN backs too by caring for ourselves."