Take Care of Yourself: Guided Notes

Take Care of Yourself: Introduction

How often do you...

Get 7–9 hours of sleep	Never	Rarely	Sometimes	Pretty Often
Feel well rested	Never	Rarely	Sometimes	Pretty Often
Avoid screens +30 minutes before bed	Never	Rarely	Sometimes	Pretty Often
Get 60+ minutes of exercise a day	Never	Rarely	Sometimes	Pretty Often
Go to sleep easily	Never	Rarely	Sometimes	Pretty Often
Feel like you take good care of yourself	Never	Rarely	Sometimes	Pretty Often
Drink enough water	Never	Rarely	Sometimes	Pretty Often
Eat healthy foods	Never	Rarely	Sometimes	Pretty Often
Make healthy choices	Never	Rarely	Sometimes	Pretty Often

What is your self-care strength? _____

What is your biggest self-care challenge? _____

When do you feel the best physically? _____

When do you feel the best emotionally? _____

What is the best self-care advice you have been given? _____

_____

PREVIEW

Take Care of Yourself: Sleep

Name three things sleep can help with: 1_____

2 _____ 3_____

Name three consequences of missed sleep: 1 _____

2 _____ 3_____

How much sleep should high school students get? _____

What % of teens say they are not sleeping enough? _____

What % of teens sleep 5 to 6 hours on weeknights? _____

How many hours a night do you sleep on weeknights? _____

What about on weekends? _____

Do you think you get enough sleep? _____

How do researchers explain the lack of sleep? _____

_____

Why do you think students aren't getting enough sleep? List 3 reasons.

1. Reason: _____
2. Reason: _____
3. Reason: _____

Sleep solution #1 is _____

Do you do that? Explain. _____

Sleep solution #2 is _____

Do you do that? Explain. _____

Sleep solution #3 is _____

Do you do that? Explain. _____

Sleep solution #4 is _____

PREVIEW

Do you do that? Explain. _____

Sleep solution #5 is _____

Do you do that? Explain. _____

Do the five solutions address the problem you see? _____

What are they missing? _____

What would you recommend to help students sleep more?

_____

Take Care of Yourself: Exercise

Name three things exercise can help with: 1_____

2 _____ 3_____

What benefits did we miss? _____

Do you notice differences in your mood, sleep, or focus when you exercise or miss exercise? _____

How much exercise does the CDC recommend? _____

What are aerobic activities? _____

Give one example: _____

What are muscle-strengthening activities? _____

Give one example: _____

What are bone-strengthening activities? _____

Give one example: _____

What percent of teens are not getting enough exercise? _____

What happens as kids get older? _____

What % of 6 to 17 year olds get 60 minutes a day? _____

Why do you think this is? _____

PREVIEW

What is Play 60? _____

Do you think it's effective? Why? _____

Other ways people have tried to get teens/kids to exercise more are:

1_____

2 _____

Come up with 3 other ways to get kids and teens exercising more.

1_____

2 _____

3 _____

Take Care of Yourself: Your Turn

Think about your own well-being. What parts of self-care did we miss?

Miss #1: _____

Miss #2: _____

Miss #3: _____

Do you think that self-care helps with school success? Why or why not?

_____

_____

Now, create a self-care plan for yourself. It needs to include:

- Five specific self-care strategies
- Why each is something you need to work on
- Exactly how and when you will do each
- An illustration or picture for each

PREVIEW