



Being Mindful, Being Kind

The key message throughout these lessons is that being mindful of our own feelings and being mindful of how we treat others can help us be kinder. Additionally, taking care of our minds and bodies makes us healthy. Students will also begin to learn basic mindfulness strategies. Alternatively, you can replace the word mindfulness with self-awareness throughout the lessons. It's also important to note, the lesson plans may need to be adjusted by the teacher to accommodate the unique attributes and diversity of individual classes and students.

Lesson Name: Create a Self-Care TikTok

Unit Name: Mindfulness

Grade Level: 6-8

Lesson Length: 10 minutes

Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the mini-lesson. A sample list of common accommodations and modifications to aid you in selecting appropriate supports for students can be found under "Additional Resources" [here](#).

Lesson Objective(s):

Students will be able to define "self-care."

Students will create a self-care TikTok dance or activity.

Equipment Needed:

- [How am I feeling? Emoji Rating Scale poster](#) or [How am I feeling? Daily Check-In Poster](#)
- Self-Care TikTok Rubric
- Bulletin board paper

Essential Question (related to objective):

Why is self-care important for my physical and mental health?

CASEL Core SEL Competency:

Self-management

- Identifying and using stress management strategies

National Standards and Grade-Level Outcomes for K-12 Physical Education:

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

- S3.M18 Stress Management

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- S5.M2 Health

National Health Education Standards & Performance Indicators:

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.2 Demonstrate a variety of healthy practices and behaviors that will improve the health of self and others.

Lesson Overview:

Teachers will introduce the concept of self-care to students and review the key elements of self-care as defined in health. moves. minds. Students will then have the opportunity to create a self-care "TikTok" to teach others about the importance of self-care. Teachers should make that when sometimes we can ignore our self-care when overwhelmed or stressed and if we ignore our self-care, it can also cause us to not feel out best as well.

Definitions:

Self-care

Taking care of your mental and physical health by:

- Meeting your basic needs
- Doing things that make you happy to reduce stress

Activity Progression:

To start the mini-lesson, have students check in using the Emoji Rating Scale.

Example script: “Before we get started, let’s check in with ourselves. [Give students a few minutes to think about how they are feeling. They can share out if they would like or keep their response to themselves.]

If you would like to share how you are feeling right now you can or if not, that’s okay too! I’m feeling [insert an emoji] because [then a reason you are feeling this way].”

Explain to students they will work in small groups of 3-4 to create their own self-care “TikTok” dance, video, activity, or challenge to teach others about the importance of self-care. Students will not actually post these on TikTok or use the app to create them, but use the concepts from the social media platform to create their own dance/challenge.

Students can create a dance or physical activity which must be safe and school appropriate. It should not involve hurting or physically touching anyone.

Students can be as creative as they like to create their TikTok dance or challenge as long as they include the following information. Teachers can also choose to add other elements from previously taught lessons or units.

- What self-care is
 - Must include these three elements:
 - Taking care of mental and physical health
 - Meeting basic needs
 - Doing things that make you happy
- How can a person practice self-care?
- An activity they like to do (from each student in the group)
- A hashtag
- Music
- 60 seconds or less

After students have created their “TikTok” dances/activities/challenges/videos, have students take a self-care pledge by writing on bulletin board paper that is hung around the gym or instructional area, identifying an area of self-care they will work on to improve.

Example script: “If we ignored parts of self-care like not getting enough sleep, how do you think it could affect a person’s mental or physical health?”

Sometimes when we are overwhelmed, stressed, or sad we may not meet our basic needs unknowingly. This is why we spend time learning different tools to take care of our mind, like a Mindful Minute, or to take care of our body by exploring different forms of physical activity. I want you to write down on the bulletin board paper an area of self-care you will focus on for the next couple of weeks.”

Have students check in with themselves again before they leave.

Modifications/Differentiation:

- Allow students to choose what should be in the self-care “TikTok”
- Choose audio/music for everyone to use

Checks for Understanding:

- What is self-care?
- How can ignoring self-care affect your mental or physical health?

Self-Care TikTok Rubric

	Defines self-care	Identifies how a person can practice self-care
4	Includes movements/language that clearly define the three elements of self-care: <ul style="list-style-type: none">• Taking care of mental and physical health• Meeting basic needs• Doing things that make you happy	Includes movements/language that represent all of the following: <ul style="list-style-type: none">• Eating healthy foods• Getting enough sleep• Regular physical activity• Things that make you happy
3	Includes movements/language that clearly define two of the three elements of self-care: <ul style="list-style-type: none">• Taking care of mental and physical health• Meeting basic needs• Doing things that make you happy	Includes movements/language that represent three of the following: <ul style="list-style-type: none">• Eating healthy foods• Getting enough sleep• Regular physical activity• Things that make you happy
2	Includes movements/language that partially define one of the three elements of self-care: <ul style="list-style-type: none">• Taking care of mental and physical health• Meeting basic needs• Doing things that make you happy	Includes movements/language that represent one or two of the following: <ul style="list-style-type: none">• Eating healthy foods• Getting enough sleep• Regular physical activity• Things that make you happy
1	Does not include movements/language that define self-care	Includes movements/language that represent none of the following: <ul style="list-style-type: none">• Eating healthy foods• Getting enough sleep• Regular physical activity• Things that make you happy

Mini-Lesson Name: **Create a Self-Care TikTok** Unit Name: **Mindfulness** Grade Level: **6-8**