

## RELATED FOUNDATIONS:

- Student Engagement
- Social & Physical Environments

---

## RESOURCES:

- Self-Care Calendar
- Posters, announcements and social media posts to advertise event
- Prizes for participation

## Self-Care Challenge

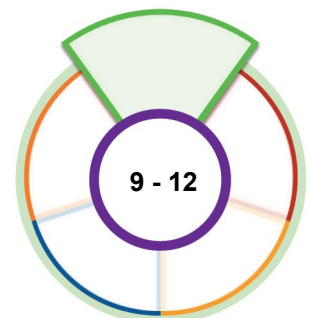
**ACTIVITY GOAL:** To challenge students to take care of themselves and connect with others.

### ACTIVITY INSTRUCTIONS:

1. The Self-Care Challenge is a week-long activity. Each day of the week has a theme (e.g., Mental Health Monday, Treat Yo'Self Tuesday, Wellness Wednesday, Thoughtful Thursday and Feel-Good Friday).
2. This activity may be helpful during stressful times of the school year (i.e. exams).
3. Involve student led groups such as the mental wellness committee or leadership class to organize and promote activity.
4. The challenge can be advertised via TV monitors, announcements, posters and school social media (Twitter, Instagram, etc.).
5. Distribute Self-Care Challenge Worksheets either at lunch or in class.
  - Encourage students to complete the self-care activities each day of the week and check off the activities that they complete.
6. At the end of the challenge, celebrate achievements and give prizes to students who participated.
  - Have all completed worksheets submitted for a draw or have a class mental health day where students select activities to promote well being.

### Curriculum Connection

- Grade 9: C 2.2 Relationships – skills and strategies
- Grade 10: C 1.1 Mental Health – factors that enhance  
C 3.5 Relationships – effects on self and others
- Grade 11: C 3.4 Mental Illness – skills for stressful situations  
C 3.5 Mental Illness- reducing Stigma
- Grade 12: C 2.3 Developing resilience, making healthy choices  
C 2.5 Maintaining health and well-being when independent



## Self-Care Challenge Chart

<b>Mental Health</b> Monday	<b>Treat Yo'self</b> Tuesday	<b>Wellness</b> Wednesday	<b>Thoughtful</b> Thursday	<b>Feel-Good</b> Friday
Hug a friend	Open a door or give a high five to friends at school	Sit down and talk to your parents about school today	Ask someone how they are doing	Smile & connect
Go for a walk with a friend	Dance to your favourite song	Do 20 squats/ lunges	Practice your balance	Take the stairs today
Take time to relax today... read a book or listen to music	Write a positive affirmation on a post it- somewhere you can see it each day	Sleep enough for you	Give yourself time to be alone & unwind	Compliment yourself while looking in the mirror
Carry a reusable water bottle and stay hydrated!	Eat 7 servings of vegetables or fruit today	Swap coffee or pop for herbal tea or water	Eat a colourful snack between meals	Pack a balanced lunch today
Review your notes for your hardest class	Ask a teacher for extra help on something you don't understand	Organize your backpack	Plan the night before to have all your things for the morning	Do something fun with friends to energize yourself!

■ Social    
 ■ Getting Active    
 ■ Mindfulness    
 ■ Nutrition    
 ■ Organize

Adapted with permission from Jack.org/ Brescia chapter (Jack.org is a national network of young leaders transforming the way Canadians think about mental health).