

Coping Skills: Self Care

5th Grade
Unit 2.3 - Regulation
Lesson 7

5TH GRADE



Class Connect



Review



size of a problem

👏 size • of • a • prob•lem 👏

synonym- level of impact

antonym- harmless

Today's Lesson

Coping Skills: Self-Care

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Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- a tool to help you regulate/calm when you are experiencing a big feeling or upsetting situation

cop·ing skill



cop·ing skill



synonym- calming tool

antonyms- trigger, irritant

(healthy) examples

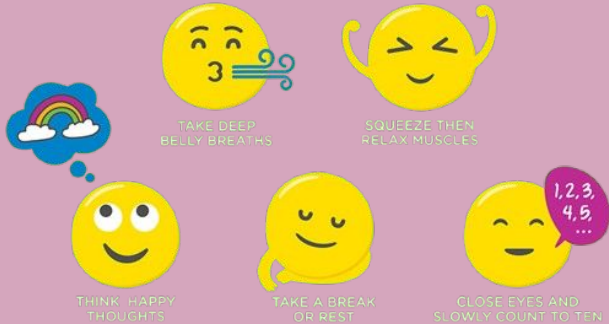
- asking for help
- positive self-talk
- Find: 5 things you see
4 things you can feel
3 things you hear
2 things you smell,
1 thing you taste
(or 1 positive self-talk)

questions

- What is a healthy ***cop·ing skill*** you can use when you are angry and tense?
- What about when you are worried?

(unhealthy) non-examples

- throwing your pencil and paper when a math problem is hard
- punching a wall



I'm Stretched! By Julia Cook



What is Self-Care?

Self-Care = Taking care of your mind, body, and feelings

Self-care is anything healthy you do to help your mind and body feel better when you're stressed, tired, or overwhelmed.

- Self-care helps you recharge
- It helps you handle stress in healthy ways
- It looks different for everyone

Self-Care at School

- Take 3–5 deep breaths before a test or hard task
- Ask the teacher for a quick break if I feel overwhelmed
- Use a fidget or quiet focus tool (if allowed)
- Take a short “brain break” (stretch, stand up, reset)
- Write my feelings in a journal or notebook
- Talk to a trusted adult (teacher, counselor)
- Sit in a calm space for a few minutes if needed



Self-Care at Home

- Go for a walk or move my body
- Talk to a parent/guardian about my day
- Listen to music that helps me relax
- Take a shower or change into comfy clothes
- Draw, color, or do something creative
- Spend time with a pet
- Take a break from screens when I feel overwhelmed



Self-Care in My Daily Routine

- Get enough sleep each night
- Drink water throughout the day
- Eat balanced meals and snacks
- Keep a consistent homework routine
- Use positive self-talk ("I can handle this")
- Plan time for fun each week
- Check in with how I'm feeling each day



Activity Time

Create a Self-Care
Weekly Planner

Weekly Self-Care Planner

Directions:

Write one thing you can do at home and one thing you can do at school each day to take care of yourself

The planner consists of seven notepad-like boxes arranged in a staggered grid. Each box is labeled with a day of the week and has a 'Date:' field. The boxes are decorated with different fasteners: a pushpin for Monday, a clip for Tuesday, rings for Wednesday, a clip for Thursday, rings for Friday, rings for Saturday, and a clip for Sunday. The Friday box also features a small smiley face icon at the bottom right.

MONDAY	TUESDAY
Date: _____	Date: _____

WEDNESDAY	THURSDAY
Date: _____	Date: _____

FRIDAY	SATURDAY
Date: _____	Date: _____

SUNDAY
Date: _____

Teacher Extension



- Have students share their self-care weekly planner with the class!

Guardian Extension



Have students try 3 self-care activities at home this week. Keep a log of what self-care activities they use by having them answer these questions:

1. What self-care did I try?
2. How was I feeling before?
3. How do I feel after?

Reflection at the end of the week:



Which self-care helped me the most? Why?

THANKS!

1 + 3



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