

Activity Page for Group Leaders

Making a Self-Care Plan

Topic: Making a self-care plan

Goal: Help teens make a self-care plan can help teens cement healthy habits before they leave the system. It will also give them a guide to refer to in emergencies, or as a reminder to get check-ups at the doctor or dentist.

Total time of all discussions and activities: 1 hour and 15 minutes

Lesson: 1 hour

The stories in this chapter describe how to take care of basic and emergency health needs, like showering daily and taking care of your teeth. You can use these stories to get teens talking about topics they might feel squeamish or corny discussing, like flossing or using deodorant.

■ **Read silently or aloud:** Split your class into groups and ask each group to read a story of their choice from this chapter. They can read them out loud or silently.

1) Ask the teens to underline sentences where the writer explains the consequences of not taking care of yourself, like cavities.

2) Ask them to circle all of the ways the writer suggests taking care of yourself, like flossing daily.

■ **Discuss:** Ask each person to tell the group one new thing she learned from the article, or one thing that other teens in the room might need to know. Your teens may disagree on a few points (“Is it necessary to wash shirts after every wearing?”). Encourage them to talk through any disagreements.

Ask the group, “Are there any suggestions the writers didn’t make that you’d add?” This gives them a chance to show their own expertise. Also ask them, “Are there other topics that the chapter could have included?” (When to see an eye doctor, for example, or how to take care of your hair on a tight budget.)

Activity: 15 minutes

■ **Write on the board:** “Self-Care Plan: Daily—Weekly—Yearly—In Emergencies” Ask the teens in your group to list each activity that they should do for each category, including any topics that came up in the discussion that the chapter did not include.

■ **Ask your teens to write down their own Self-Care Plans.** They should include any other aspects of caring for themselves, like taking medicines, seeing specialists, attending weekly therapy, etc.

My Self-Care Plan

TAKING CARE OF YOURSELF INVOLVES:

- Brushing your teeth
- Flossing
- Taking regular showers with soap
- Getting a doctor's check up, and...
- For females, going to the gynecologist
- Getting a dental check-up
- Using deodorant
- Doing laundry
- Cleaning your apartment
- Getting your hair cut or styled

TAKING CARE OF YOURSELF CAN ALSO INVOLVE:

- Exercising
- Taking doctor-prescribed medication
- Therapy
- Taking vitamins
- Eating healthy foods and watching your weight

Using the above lists, make your own self-care plan. Check off each self-care task from the lists above when you include it in your plan.



Every day, I will: _____

Every week, I will: _____

Every month, I will: _____

Once or twice a year I will: _____

