

## 7TH GRADE

# Taking Care of Yourself

### WHAT IS THIS ABOUT?

- 1) The connection between our mind and body
- 2) Listening to what our body is trying to tell us
- 3) Things we can do to increase healthy emotions



### THINK OF A TIME WHEN:

You were feeling sick:

- 1) What did it feel like in your body?
  - a) Upbeat
  - b) A bit low and down
  - c) Other



### RAISE YOUR HAND IF:

- 1) You've done yoga
- 2) You've meditated
- 3) Sat outside and watched the stars



### HOW WERE YOU FEELING AFTER?

- 1) Upbeat
- 2) A bit low and down
- 3) Other



### WHAT DOES THIS MEAN?

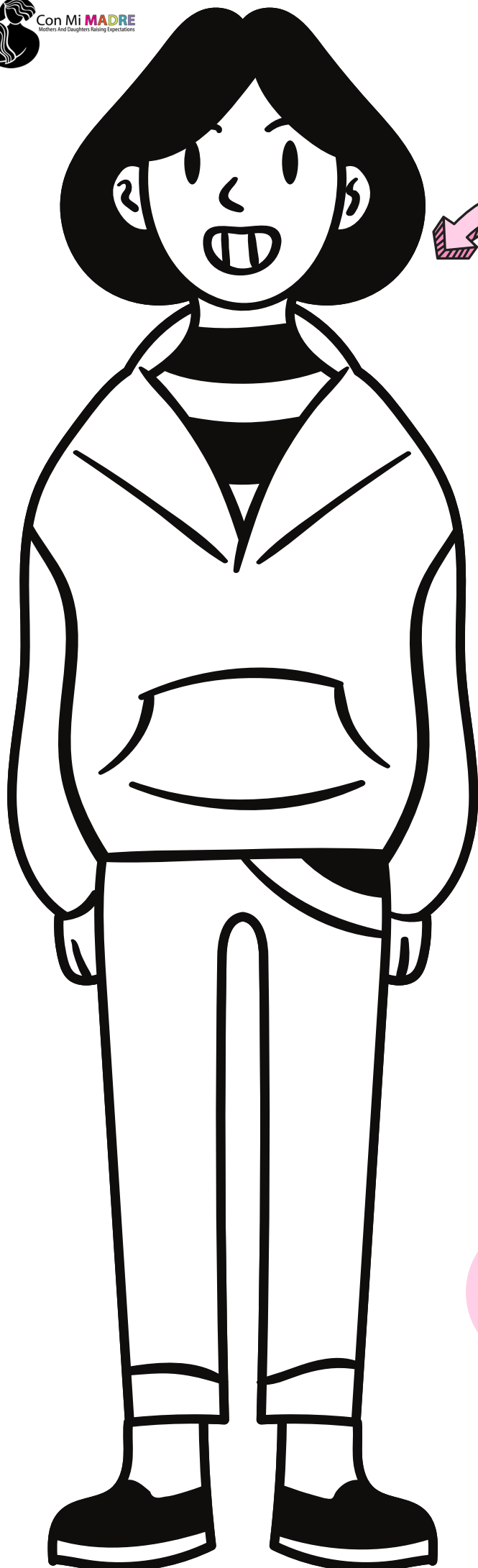
- A) When our body is feeling well and we treat it well we are more likely to have healthy thoughts
- B) When our body isn't feeling well we are more likely to have unhealthy and self-defeating thoughts



### WHAT'S NEXT?

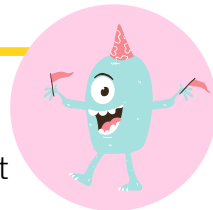
Activity on the next page

MORE ON THE  
OTHER SIDE



**THINK OF A TIME WHEN YOU WERE HAPPY:**

- 1) Locate on the body where you felt happiness
- 2) Choose a color that represents happiness
- 3) Choose a shape that represents happiness
- 4) Use the color you chose to draw the shape where you felt happiness



**COMPLETE STEPS 1-4(ABOVE) FOR EACH OF THE FOLLOWING EMOTIONS:**

- A) Sad
- B) Tired
- C) Stressed
- D) Excited
- E) Nervous
- F) Love



**FINALE:**

Taking care of your body and paying attention to what your body is trying to tell you it needs is a step toward emotional and physical balance



**CHALLENGE:**

When you're having unhealthy/distorted thoughts instead of trying to change your thoughts, engage in an activity to help change to healthy/clear thoughts



Walk, write, dance, listen to music and more!



**WANT TO ENTER A RAFFLE?**

Send us a picture of your completed activity or tell us something new you learned from this activity or what you liked the most!



# EXAMPLE

