

Mini-lesson

A Personal Pledge



grades 4/5



15 minutes

Objectives

- Students consider ways to look after themselves.
- Students make a pledge to care for themselves.

Essential Questions

- What are the different ways you can give to yourself?
- What are the benefits of taking care of yourself?



MATERIALS

Read-aloud book: [The Good Egg \(4:39\)](#)
Worksheet: [Good Egg Pledge \(PDF\)](#)

THEMES

Self-care
self-reflection
self-awareness

Before you Begin

- Review Read-aloud: [The Good Egg \(4:39\)](#)
 - Print and cut the [Worksheet: Good Egg Pledge \(PDF\)](#)
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THINK • GIVE

Read-aloud: The Good Egg (4:39)

Discuss/Journal:

- How did the Good Egg help himself?
 - What struggles did the Good Egg experience?
 - What could the Good Egg have said to the other eggs so he didn't feel like he had to leave home to feel better?
 - What moments do you feel like your mind is "scrambled"?
 - What are some things you do to make yourself feel better?
 - What are the different ways you can give to yourself?
 - How can doing something kind for yourself help you be kind to others?
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CONNECT + CLOSE

Make a pledge to yourself:

On the Worksheet: Good Egg Pledge (PDF), students write one kind action they plan to take (that they don't normally take) to care for themselves. Post the pledges somewhere students will see them so that they serve as a reminder – on the wall, in their desks or lockers, etc.

ACTION

In the coming days/week, students make an effort to complete their Personal Pledge. It might even become a daily or weekly habit!

REFLECTION

Lead a discussion or allow students to journal, use the following questions as a guide:

- How did you give to yourself?
- How did it feel to take time to do something kind for yourself?
- How can you continue to be kind to yourself?
- How can being kind to yourself help you also be kind to others?