

SEL Activity

A Personal Pledge



grades 4-5



15 minutes

Objectives

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

Essential Questions

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

Vocabulary

Pledge: noun; a solemn promise or agreement.

Self-care: noun; the practice of taking an active role in protecting one's well-being and happiness.

MATERIALS + MEDIA

Read-aloud book: [The Good Egg](#) (5:17)

Worksheet: [Good Egg Pledge \(PDF\)](#)

SEL CORE COMPETANCIES

Self-awareness

Self-management

Responsible decision-making

Before you Begin

- Review the Read-aloud book: [The Good Egg](#) (5:17).
- Print and cut out the [Worksheet: Good Egg Pledge \(PDF\)](#) (1/student).

Program Connections

This activity focuses on caring for oneself—a theme that runs through our core programs. To learn more, visit our [PROGRAMS](#) page.

THINK • GIVE

Watch: [The Good Egg](#) (5:17).

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 to care for themselves. Importantly, this should be an action they don't already take regularly. Post the pledges where students will see them so they serve as a reminder—on the wall, in their desks or lockers, etc.

ACTION

Explain: In the coming days/week, fulfill your personal pledge—and see if you can find a way to make it a habit.

REFLECTION

Lead a discussion or allow students to journal. Use the following questions as a guide:

- How did you care for 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?