

Caring for Me

We have completed all four weeks of our Caring unit. Now it's time to apply everything you have learned. Our focus during this project will be on self-care and the impact it has on many areas of our lives. Over the next week or two, we will be tracking our sleep, mood, and productivity levels to see how self-care affects us long term.

Caring Sub-Concept(s)

Compassion, Kindness

Project Timeframe

1-2 weeks, broken up as needed by class schedule

Required Materials

- Tracking form (one for each student)
- Blank graph paper
- Rulers
- Green, blue, and red colored pencils
- Computer
- Software to create handouts (optional, as this can be done through basic art if needed)
- Basic art supplies

Standards Map

This project aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Here is the plan for this project:

- 1) Each person will track their sleep, mood, and productivity for the next week using the forms provided.
- 2) After gathering all of your data, you will partner up and create a graph documenting the three areas.
- 3) In small groups we will analyze the connection between sleep, mood, and overall productivity.
- 4) After all of our data is combined into one giant graph, we will create both handouts for others and an interactive bulletin board explaining the importance of self-care and the correlation between physical and mental health.

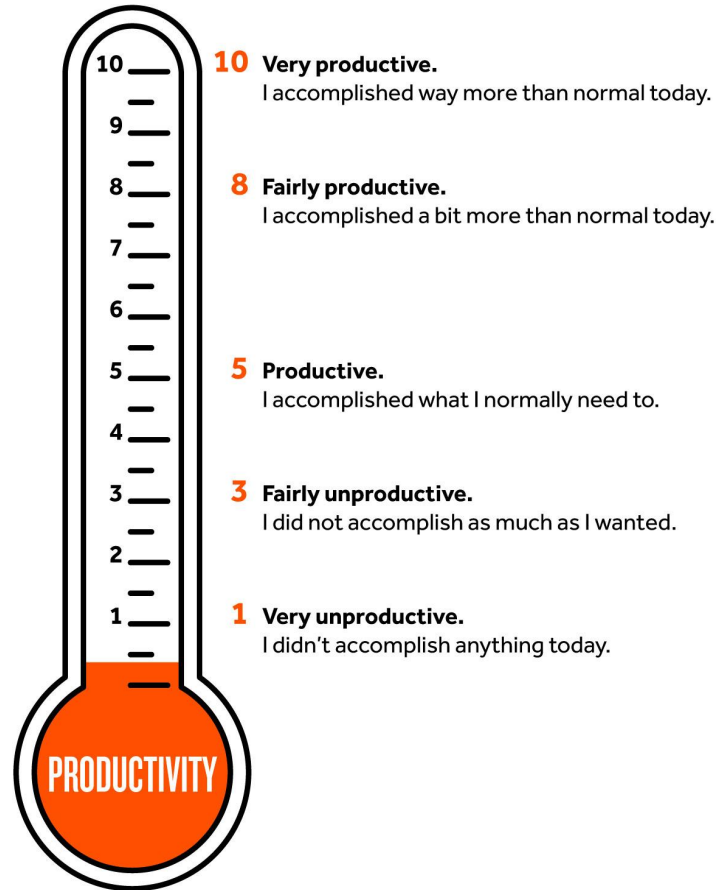
PART 1: Individual Sleep, Mood, and Productivity Tracking

Over the next 4-7 days each person will be responsible for tracking the following data using the form below:

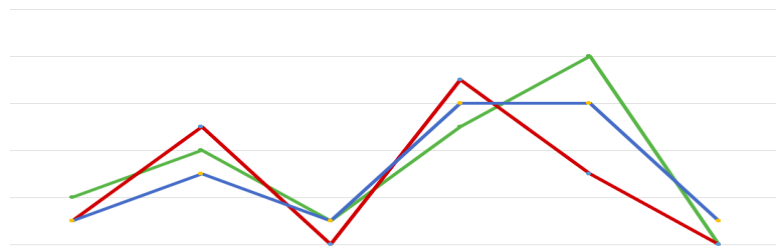
- **Sleep:** How many hours of sleep are you getting? Using a scale of 0-10 with each number representing an hour of sleep you get, track your hours daily. Example: 4 equals 4 hours of sleep that night.
- **Mood:** Using the face scale below, document your mood within the first hour of waking up (make sure you track your mood before you interact with anyone else that might affect how you feel). Make sure to write the correlating number below your mood on the on tracking form. Example: If you mood is extremely sad, choose 4 (look below the emotion and write that number on your tracking form, which would be the number.)



- **Productivity:** Using the thermometer below, rate how productive you were at the end of the day. Think back to what you accomplished today. Was it more than you planned? Less? About what you expected? Track it and add the corresponding to your tracking form.



- Make sure to document ALL THREE areas daily for the entire time allotted (ideally a full week, but 3-4 days can work if time is limited).
- With a partner, you will use the blank graph provided and plot your numbers for sleep in green, your mood in red, and your productivity in blue. Connect all of your plot points using the correct colors. You should end up with 3 different colored lines across your graph like this:



- You will need this graph and your numerical tracking form for the next part of our project. Keep them in a safe place.

PART 2: Analyze the Data

In small groups of 4-6, analyze your charts. What correlation do you see between sleep, mood, and productivity?

Answer the following questions within your group:

- What was the average night's sleep of students within your group?
- What was the most common mood graphed?
- What was the most common level of productivity in your group?
- What was the most common mood chosen when you slept less than 5 hours a night?
- What was the most common level of productivity selected when you slept less than 5 hours a night?
- What was the most common mood chosen when you slept 6 or more hours per night?
- What was the most common level of productivity when you slept 6 or more hours per night?

After compiling the answers to all of the questions above, create a statement that summarizes your findings.

If needed, provide a sentence starter such as: "In our group, our mood was _____ and our level of productivity was _____ when we slept 6 or more hours a night."

Present your group analysis to the rest of the class.

PART 3: Sharing of Findings

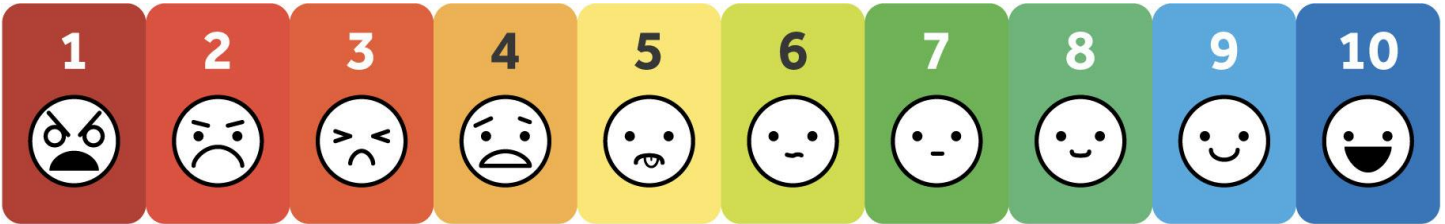
As a class, combine all of your group data to create a large class graph documenting sleep, mood, and productivity. Divide the class into 3-4 groups with the following tasks:

- **Bulletin Board:** Have one group create a full scale of the graph for a bulletin board outside your classroom. Make sure the bulletin board includes 3-4 boxes that present the data, explain the findings, invite passersby to select a tracking form to complete a personal assessment of their own self-care, and promote overall self-care as a positive form of caring for ourselves.
- **Self-Care Handouts (2 groups):** Create a handout that presents the findings of your self-care research on a smaller scale using the bulletin board as a template. Make sure to include the same components as described in the bulletin board section. These handouts will be passed out to other students and adults during lunch times.
- **Canvassers (1 group):** Pass out copies for the 1-2 handouts created to promote self-care among the school population. As a group, identify some useful slogans and phrases to say to people as you pass out the flyers. Be prepared to explain your class findings and the project overall if people ask for further details.

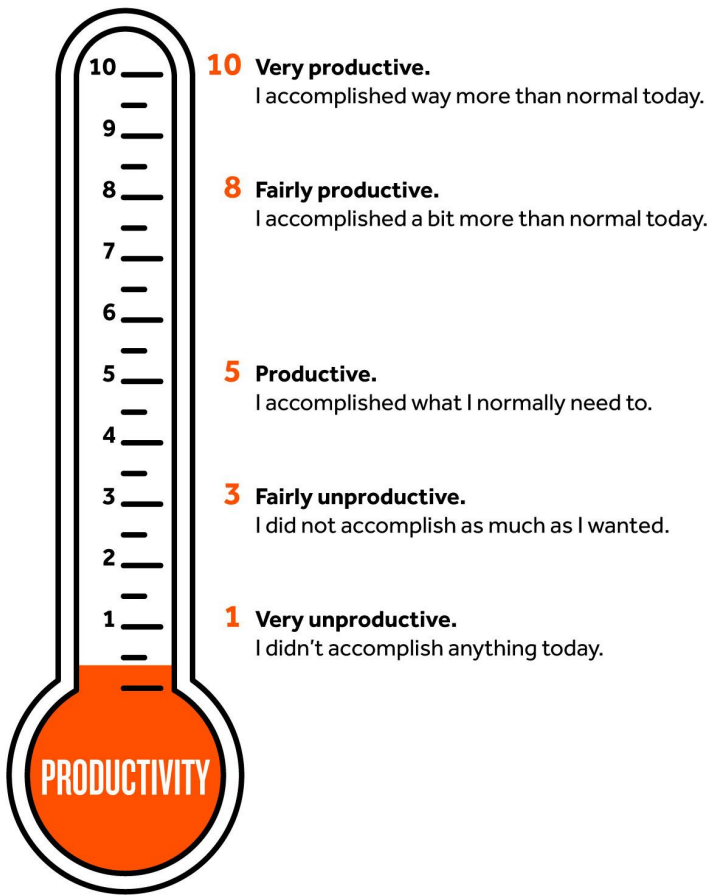
Sleep: Track your total number of continuous hours of sleep!



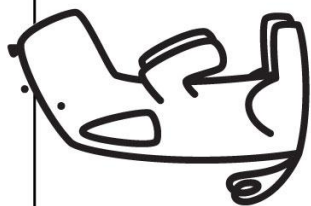
Mood: Use this chart to help you identify your mood upon waking up. Track the corresponding number on the form below.



Productivity: Using the thermometer below, identify your level of productivity at the end of the day. Track the corresponding number on the form.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							



Be sure to track all three areas for seven days:
 Sleep in green, your mood in red, and your productivity in blue.