



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by

Renee Monczynski

Activity Name

Whose in your corner?

Age Group

13 to 15 year olds

16 to 18 year olds

Description

We hear a lot about self-care, but what does that actual mean and how do we practice it? How do we turn what we learn into practical skills and a realistic plan? In this activity we will explore how to self-identify needs versus wants in a self-care maintenance plan. We will create a plan that involves physical, mental, and emotional well-being to promote self-care and identify support systems to provide for those needs.

While we work through a virtual workbook, we will learn: 1. how to identify a need versus a want, 2. skills of self care in each category 3. build a plan for bad days, good days and everything in between, 4. identify the support system needed for each type of day. At the end of this lesson we will have created a maintenance plan to balance out the great, the good, the not-so-good, and no-good-very-bad-days.

Supplies Needed

Please print the attached workbook

3 different color pens

Adaptation/s

Participants can create their own pages with paper and pen from the examples, if unable to print.