

Self-Care Topic Guide – 11th & 12th Grade

Guide URL:

<https://barbro44.wixsite.com/selfcare>

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Learning Objective:

Students will research and devise a self-care plan for use in their daily lives including mindfulness, centering activities, and yoga.

Delaware Department of Education Standards Addressed:

Delaware English Language Standards: Anchor Standard Literacy in History/Social Studies, Science, & Technical Subjects, Grade Cluster 11-12

CCSS.ELA-Literacy.RST.11-12.7: Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., quantitative data, video, multimedia) in order to address a question or solve a problem

American Association of School Librarians (AASL) Learner Competencies Addressed:

AASL 1B3: Learners engage with new knowledge by following a process that includes generating products that illustrate learning.

AASL 4A3: Learners act on an information need by making critical choices about information sources to use.

AASL 5A1: Learners develop and satisfy personal curiosity by reading widely and deeply in multiple formats and write and create for a variety of purposes.

AASL 5A3: Learners develop and satisfy personal curiosity by engaging in inquiry-based processes for personal growth.