

Self-care Collage

Time: 30 minutes

Materials

- Shopping flyers/Magazines (e.g. from pharmacies, grocery stores, department stores)
- Scissors
- Poster board/ Blank paper
- Glue

Instructions

- Organize students into small groups (3-4 students).
- Ask students to think about how they can take care of their changing bodies as they go through puberty
 - Encourage students to think about different hygienic practices (e.g. taking regular showers, brushing teeth, wearing deodorant, changing clothes regularly, etc.)
- Distribute one sheet of poster board or paper, scissors, glue, and several flyers to each group
- Instruct students to find items that are used in self-care during puberty
 - Instruct them to cut pictures of these items out and glue them on the poster board/ paper
 - Remind them to consider how the items they have selected relate to puberty
 - Inform students that the brands are not important, but rather to pay attention to the kinds of items and how they relate to healthy behaviours in puberty
- After the groups have several items posted in their collage, open a discussion with the whole class about the items they have selected
 - What are some of the things that you have included in your collage?
 - How does the [item] relate to puberty?
 - Can [item] be used as part of healthy self-care?
 - Are there any items or activities that you did not find in the flyers that you think could be included in your collage? Prompt students to consider activities or items that were not yet covered. Supplement or clarify using self-care items information sheet.

Variations

- Students may draw self-care items and practices, instead of creating a collage
- Students may create a digital collage or slide show, rather than creating a paper collage