

5.3 Finals Week Care Kit



Suggested Grade Level: 9-12

Time: 30 minutes

Subject Area: Mental Health and Support

Overview:

Finals week can be a particularly tough time for students. Students during this time can feel mentally, emotionally, and physically drained because of exams, projects and papers. This lesson includes a simple care package that either GSA leadership or advisor can make for it's members. This can be great way to show GSA members that are supported through stressful times.

Goals:

- Be able to create fun care kits for students
- Allows GSA members to feel supported

Materials:

**The GSA can decide what to put in their care kits- these are just some suggestions below*

- Ziploc Bag or Paper Bag
- Small Index Card
- Fruit Snacks
- Mints
- Pencils
- Granola bar
- Bubble Wrap - this can be a fun way to release stress, cut a small square of bubble for each package and the student can pop away the stress

Procedure:

Step One:

Purchase the items you would like to include in the kit. You could use GSA funds or r out to your schools to see if they would cover the cost. These items can be pretty inexpensive.

Step Three:

With an index card write a note of encouragement for each student. These can be personalized if the GSA wishes. If time is an issue see the end of lesson there are some funny and cute encouragement memes that can be photocopied and put in the kits.

Step Four:

Assemble your care kits. These can be disrupted at the beginning of Finals week to the GSA members.

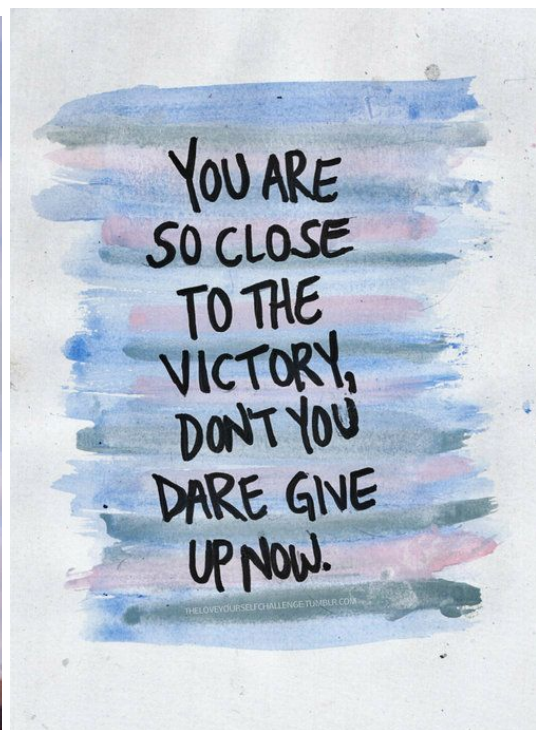
Encouragement Memes for Finals Care Kit

This hedgehog is cheering for you because you can do anything

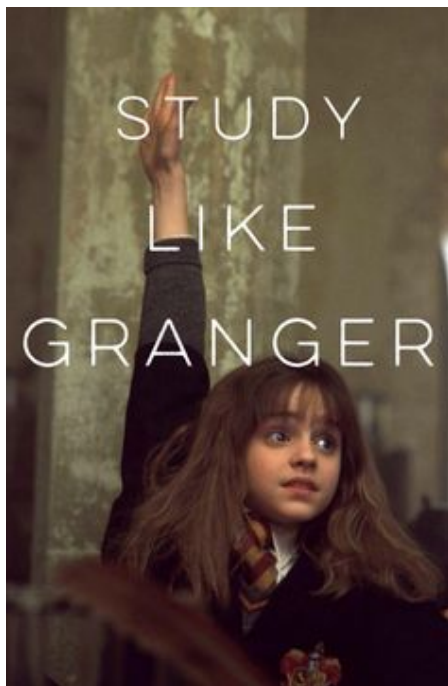


YOU ARE
SO CLOSE
TO THE
VICTORY,
DONT YOU
DARE GIVE
UP NOW.

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STUDY
LIKE
GRANGER



IT'S OK TO FEEL
STRESSED. TAKE A
BREATH. YOU'VE GOT
THIS. YOU CAN DO IT.

EMM ROY