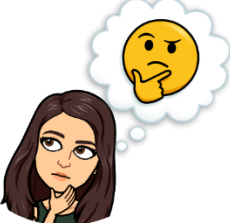




# Critical and Creative Thinking Choice Board:

## Caring for Yourself and Others

<p><b>Questioning</b></p> <p>Think of someone in your life that you care about or that cares about you. Brainstorm a list of questions that you can ask that person about how to show that you care.</p> 	<p><b>Fluency, Flexibility, Originality &amp; Elaboration</b></p> <p>Eating healthy and laughing with friends are both ways to practice self-care. What are some different ways to take some time for yourself and treat your mind and body well?</p>	<p><b>PMI</b></p> <p><b>Plus, Minus, Interesting</b></p> <p>Having recess during the school day is not only fun but can be healthy too! Should grown-ups have recess at work? List some things that would be positive, negative, or interesting about adults having recess!</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">P</td> <td style="text-align: center;">M</td> <td style="text-align: center;">I</td> </tr> <tr> <td style="height: 50px;"></td> <td style="height: 50px;"></td> <td style="height: 50px;"></td> </tr> </table>	P	M	I			
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 <p><b>Mindmapping</b></p> <p>Use the list you created of different ways to treat your mind and body well to create a mindmap to show how some of your ideas connect!</p>	<p><b>Visualization</b></p> <p>Imagine that you have your very own power washing tool of colored sparkly worry erasing bubble soap. What color is your worry soap? Maybe it is neon or glittery? Maybe it is a specific color? Just notice if you had worry soap what it would look like right now. Draw a picture of your visualization.</p>	<p><b>Point of View</b></p> <p>Consider the point of view of a student who is new to our school. What might they be feeling or experiencing on their first day? Their first week? Why is it important to consider how others are feeling when they are new?</p> 						
<p><b>Decisions and Outcomes</b></p> <p>After a conflict with a friend, you can choose to either:</p> <ul style="list-style-type: none"> <li>• never talk to your friend again</li> <li>• write in a journal or diary about how you are feeling about the conflict</li> </ul> <p>What would be some of the possible outcomes to making this decision?</p>	<p><b>Encapsulations</b></p> <p>Explain the concept of caring in 10 words or less.</p> <p>Create a visual representation of the idea of caring.</p>	<p><b>Analogies</b></p> <p>How is caring for yourself like caring for others?</p> <p>Which of these is caring most like? Why?</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 5px;">family</td> <td style="padding: 5px;">school</td> </tr> <tr> <td style="padding: 5px;">justice</td> <td style="padding: 5px;">teams</td> </tr> </table> <p style="text-align: right; font-size: small;">~Adapted from Raechel Acosta AART</p>	family	school	justice	teams		
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