

## Taking Care of Me SEL, Grades 6-8

### Assignment Objectives:

- Students will work with Paper Tutors to write personal narrative essays on personal wellness.
- Students increase their knowledge about personal well being.

### Teacher Instructions:

- Students review the [5 Simple Steps to Success](#)
- Students copy up to 5 actions to take to be active and healthy
- Students ask a Paper Tutor for assistance with their thesis statement and closing sentence
- Students submit essays to Paper Review Center

### Ideas for Use in the Classroom:

- Students brainstorm with a Paper tutor for all content areas
- Students work collaboratively with peers with a Paper tutor in centers/stations

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We would love to know how this resource worked for you. Please use this [form](#) to provide us with your feedback!

## Taking Care of Me SEL, Grades 6-8

### Student Instructions:

1. Review the [5 Simple Steps to Success](#) to grow up healthy.
2. Copy down 3-5 new actions you will take to be healthy.
3. Write a short essay on the topic, Happy and Healthy.
4. Ask a Paper tutor how to write a thesis statement and closing sentence for your essay.
5. Use the Paper review center to submit your essay for review.

### Healthy Actions

1.

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2.

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3.

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### Ask a Paper Tutor

Thesis:

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Closing Sentence:

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