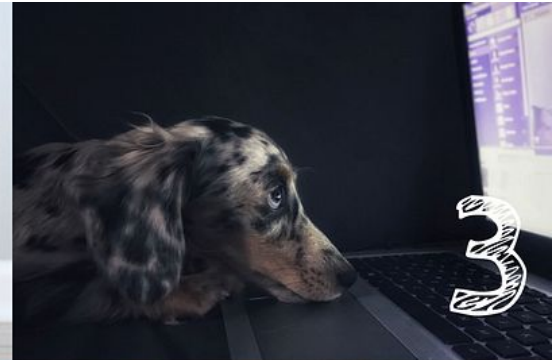


Fostering Wellness in the Classroom

2024 AELG Spring Conference
Heather Jang



Feeling Check-In



**On the dog
scale, how
are we
feeling?**



Today's Agenda

- Wellness in the classroom
- Emotional Wellness
- Physical Wellness
- Self-Care Challenges
- Q&A Session

Wellness in the Classroom

- There is a growing body of evidence related to the connection between wellness and enhanced engagement, satisfaction, and academic performance.
- Taking small steps to support students' wellbeing and mental health can have a profound impact on their ability to learn and succeed academically.

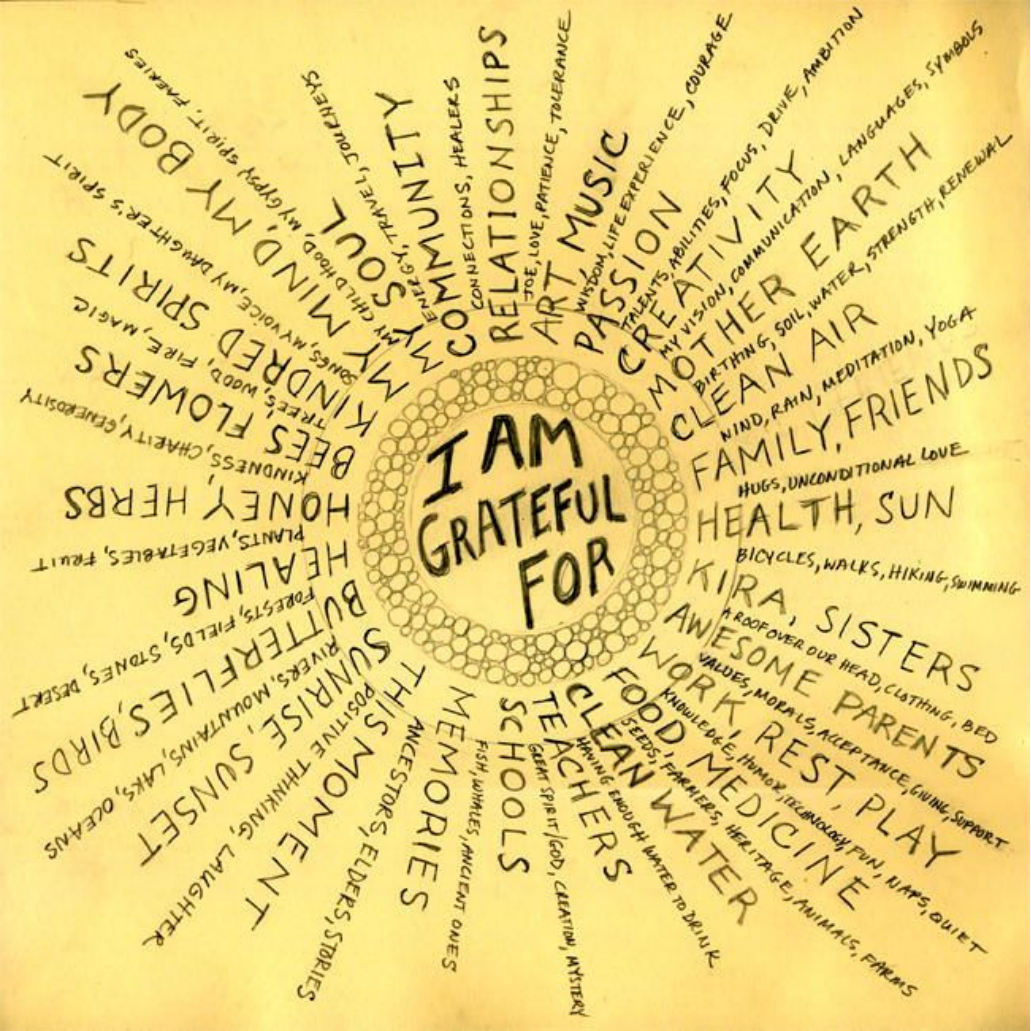


GUESS
WHAT!?

(Simon Fraser University, 2019)

Emotional Wellness

Think-Pair-Share: What are you grateful for?



Emotional Wellness

Round Robin: Conversation Starters



Emotional Wellness

Ideas for Differentiation



Beginner	Intermediate	Advanced
<ul style="list-style-type: none">● Sentence starter● Word bank <p>I am grateful for _____.</p>	<ul style="list-style-type: none">● Sentence starter● Extended sentences <p>I am grateful for _____, because...</p>	<ul style="list-style-type: none">● Paragraph● Gratitude journal <p>I am grateful for the kind barista who remembered my usual order..</p>

Physical Wellness

Seated Stretch/Yoga



Physical Wellness

Self-Care Checklist

Am I getting
enough sleep?

What am I
feeling right now?

Am I showing
myself and
others kindness?

Am I drinking
enough water?

Do my muscles
need stretching?

Am I eating healthy
and regularly?

Physical Wellness

Ideas for Differentiation



Beginner	Intermediate	Advanced
<ul style="list-style-type: none">● Body parts● Action verbs● Slow down the video speed	<ul style="list-style-type: none">● Extended body parts● Giving instructions	<ul style="list-style-type: none">● Creating new stretch routines● Guided meditation

Self-Care Challenges

Weekend/Weekly/Monthly Challenges

- | | | | | |
|---|---|--|---|---|
| <input type="checkbox"/> Create a morning routine | <input type="checkbox"/> Take a relaxing bath or shower | <input type="checkbox"/> Try a new recipe | <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Write down 5-10 things you're grateful for |
| <input type="checkbox"/> Start a new book | <input type="checkbox"/> Watch a TV show or movie you enjoy | <input type="checkbox"/> Watch the sunrise or sunset | <input type="checkbox"/> Spend time in silence without any distractions | <input type="checkbox"/> Try a new hobby or activity |
| <input type="checkbox"/> Take 10-20 minutes to stretch | <input type="checkbox"/> Write down 10 positive affirmations | <input type="checkbox"/> Spend time with children or animals | <input type="checkbox"/> Listen to a podcast or audiobook | <input type="checkbox"/> Spend 20-30 minutes in nature |
| <input type="checkbox"/> Have an at home Spa Night | <input type="checkbox"/> Go on a solo date | <input type="checkbox"/> Move your body for 20-30 minutes | <input type="checkbox"/> Write 5 things you're proud of accomplishing | <input type="checkbox"/> Volunteer your time or donate to a cause |
| <input type="checkbox"/> Do something you enjoy | <input type="checkbox"/> Sit outside while drinking your coffee | <input type="checkbox"/> Take a 10 min meditation break | <input type="checkbox"/> Limit yourself to 30 minutes of social media | <input type="checkbox"/> Have an at-home dance party |
| <input type="checkbox"/> Write a letter to someone you appreciate | <input type="checkbox"/> Do a puzzle or play a game | <input type="checkbox"/> Take time to call a friend or family member | <input type="checkbox"/> Practice mindful breathing | <input type="checkbox"/> Spend extra time getting ready to feel confident |

Self-Care Challenges

Padlet Student Examples

Anali



More protein/ less carbs 😊😌

Luis



I took a bike ride around the city.

Feli



I chased down the ice cream truck and got an ice cream

Self-Care Challenges

Padlet Student Examples



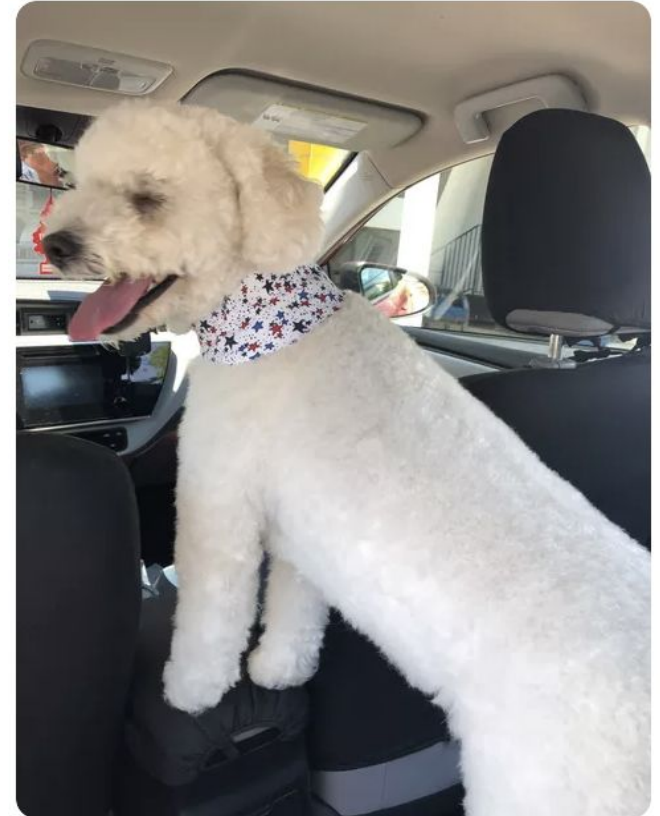
Fatemeh
Watching the beautiful sunrise
when I was coming to school

Andrés



Enjoying a beautiful walk in nature.
I enjoy getting to know new
places.

Spend with children and
animals



Snoopy was born in Ecuador,he
emigrated this country when he was 3
moths old,he is our four Legged baby ♥

Self-Care Challenges

Ideas for Differentiation



Beginner	Intermediate	Advanced
<ul style="list-style-type: none">● Just a caption - one word or sentence	<ul style="list-style-type: none">● A caption with a description - extended sentences	<ul style="list-style-type: none">● A caption with a description - a paragraph level response

Q&A Session

Q & A



Thank you for your participation!
Please remember to take care of yourself!

Self-Care for Educators



Treat yourself
when you need it



Remember to
start fresh every
day



Connect with
uplifting colleagues



Do physical
activities you enjoy



Take a break when
you need one



Use positive self-
talk



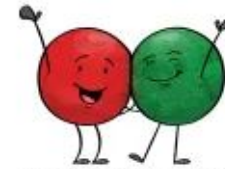
Go for a walk or
spend time outside



Read a good book
(just for you)



Plan an activity
to look forward
to



Spend time with
friends and family



Leave work at
school for the night
or weekend



Spend less time
on social media



Bring healthy
snacks and meals



Be comfortable
saying "no" to
more obligations