

Well Being 101



A Guide to Introducing Mental Wellness in Schools

When you introduce mental wellness activities into the flow of your classroom, you can:

- Help strengthen your students' resiliency
- Inspire students to stay engaged and energized with learning.
- Make a difference for your student's overall mental health!

In this guide you will find **four strategies** for introducing mental wellness into the school day!

Quick tips before we get started:

1. Make a plan for your day thinking about when the best time for these activities would be!
2. Practice activities with students for a few weeks! This sets expectations and helps the activities run smoothly.
3. Mix it up! Sprinkle in new activities with your favorites once you've gotten the hang of things.
4. Stay flexible! While having activities planned out will help prevent chaos in the classroom, sometimes things don't go according to plan so break out your calming techniques as needed.

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1 Classroom Check-ins

Classroom check-ins are a quick and easy way to assess how your students are feeling throughout the day. After you check-in, follow up with students who showed signs of struggling.

Prime times for check-ins:



The beginning of the school day



After lunch or recess



Following a hard lesson

Ideas for classroom check-ins:

- Ask how students are feeling using a hand gesture system



"Feeling great"




"Could be better"



"Not feeling great"

- Share journal prompts about feelings

 **helpful hint:** Let students know ahead of time that you may read their journals and read entries before the end of the day to make sure you follow up on anything concerning.

- Set up a feelings chart that students can point to.

2 Active Brain Breaks

Brain breaks can help activate different areas of the brains to re-energize and get ready to learn new materials.

Try adding a brain breaks:

- after longer lessons
- following a tests
- right after introducing newer or complex concepts



Brain Break Ideas

- Challenge your students to 25 jumping jacks.
- Have students run in place for 30 seconds.
- Get students moving with a game of Four Corners.

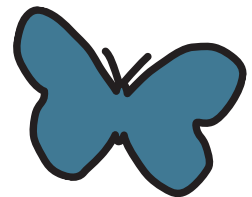


3 Focus Moments

Help students focus after being active by creating focus moments with calming activities

Focus moments can be useful:

- After a lesson with a lot of moving parts
- Following group work
- When recess is over
- Before or after a test



Focus Moment Ideas

- Mindfulness activities
- Coloring
- Listening to calming music



visit GoNoodle to discover brain break ideas and focus moments

4 "The Calming Corner"

At times a student may need some help to self-regulate their emotions and be prepared for class. A calming corner with calming tools can help!

How to make a Calming Corner

1. If your classroom has enough space add chairs, blankets pillows or even a tent along with a bin of fidget toys and calming tools to a corner. If you don't have a lot of space or resources, you can still make a calming corner by leaving calming tools and fidget toys into a small bin in the same place every time.
2. Make using the calming corner easy for students to decrease your time away from other students by setting some "ground rules" for the calming corner.
3. Share the rules you come up with below at the beginning of the school year.
4. Refresh and revisit rules as needed and after extended school-breaks.



Ground Rules for the Calming Corner

1. The proper way to ask for time in the calming corner or with the calming tools is "_____"
2. The number of students who can use the calming corner at the same time is _____
3. The calming corner is open during _____ and closed during _____
4. Students agree to learn how to use the calming tools correctly and if they do not then _____ will happen.
5. When a student is done with the calming corner then they will do _____.