

# A CULTURE OF WELL-BEING

Introducing targeted well-being learning activities can encourage students to integrate and practice healthy well-being lifestyle practices and help create a positive classroom culture.

## Suggestions:

- Acknowledge the value of student well-being in your course syllabus, emphasizing the importance of practicing healthy lifestyle activities.
- Model positive self-care and well-being for your students.
- Start the class with an inspiring poem, phrase, story or video and encourage reflection and discussion.
- Encourage the routine sharing of positive experiences and expressions of gratitude as a check-in activity.
- Tell a joke or share a personal experience, short story or anecdote.
- Use imported links on your PowerPoint to involve students in quick relaxation/meditation or “grounding” exercises.
- Take breaks during the class where students can stretch, move about, re-energize – including the element of surprise like “the 1 minute dance party” exercise.
- Incorporate music, singing, guitar-playing, animals and other expressive art forms.
- Invite students to lead any of the activities you’re not familiar or comfortable leading yourself.
- Utilize the “popcorn” style of well-being learning [Eg: “What are five ways to reduce stress?”; “What are three things that contribute to a restful sleep?”; “What is one healthy activity that you are passionate about that creates ‘flow’ in your life?”]