

Planning and Assessing Student Wellbeing

Delivered by Isabelle Russell - International Qualified Wellbeing Practitioner and Educator

Duration 3 hours (Includes 15 min break)

Content Overview

Teachers and Classroom staff may have the ability to recognise the signals of poor mental health in students **but may not entirely know where to start with planning interventions, handling difficult situations or how to assess and record this information appropriately.**

Join Isabelle for a step-by-step guide to make planning and assessing student wellbeing a practical and achievable outcome.

- **Wellbeing Signs** Understanding stress and anxiety and exploring their correlation with a student's behaviour. Attendees will explore the comprehensive nature of mindfulness, recognising it goes beyond yoga, colouring or meditation and encompassing practical strategies to aid emotional regulation, enhance engagement and self-esteem.
- **Wellbeing Planning** Attendees will explore a range of creative, open-ended activities that can be seamlessly incorporated into lesson planning and the classroom environment, fostering a proactive approach to mindfulness that becomes habitual and sustainable.
- **Wellbeing Assessment** Introduction to Diener and colleagues (2010) Flourishing Scale – a brief 8-item summary measure of students' self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. Attendees will learn how to utilise the assessment to feed into curriculum planning for the future.

Outcomes

- ✓ **Clarity:** Understanding stress and anxiety and recognising impact on behaviour
- ✓ **Confidence** Utilise effective strategies to assist children in managing these challenges through planning and assessment
- ✓ **Actions:** Incorporate wellbeing into lesson plans & providing a supportive environment

Inclusions

- ✓ **Creative materials and resources** to participate in hands-on mindfulness activities
- ✓ **Key Slides and handouts** for reference and use post session

Our Requirements

- ✓ **Venue** with resources for a PowerPoint presentation
- ✓ **Refreshments** are at your discretion and cost.

Contact Us for A Quote

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