



“CONNECT THE DOTS” BETWEEN HEALTH AND LEARNING
...align health and education as partners in the school community...

**What can schools do to help students with •Bullying? •Suicide Prevention?
•Disordered Eating? •Depression? •Loneliness? •Stress?
•Lack of Physical Fitness? •Substance Abuse? •Technology Addiction?**

“WELLNESS: A QUESTION OF BALANCE” is an Educator Resource for use with youth and adults. The curriculum is designed to help schools align health and education as partners in the school community.

Why provide a School and Community Wellness Program?

Effective interventions are part of a coordinated and comprehensive range of activities at appropriate stages of development. Fundamental to success is investment in:

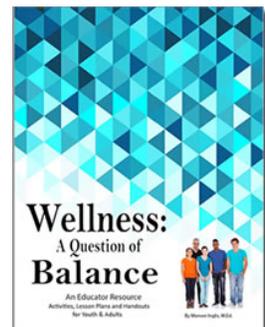
- Prevention programs
- Monitoring of outcomes
- Willingness to be innovative and integrative

Programs that reflect a holistic approach to well-being need to be built and sustained using the **physical, emotional, mental, and spiritual* dimensions of health**. Taking a holistic view means that there is interest in engaging the whole person to help build resilient adults. (Ref: www.schools4health.com)

“WELLNESS: A QUESTION OF BALANCE” (W: AQB)

An Educator Resource - Activities, Lesson Plans, and Handouts for Youth and Adults

The format of this Resource is designed for easy use. Each activity is described including Goals, Group Size, Time Frame, Materials Needed, and Step-by-Step Instructions. The activities can be delivered in individual classrooms, small groups, at assemblies, and one-on-one. The time frame is flexible and adaptable.



Background information in W: AQB

Overview: Wellness Resource A-Z - What You Need To Know Before Using this Resource

- Why & How to Use the Guide “*Wellness: A Question of Balance*”
- Overview of the Wellness Dimensions e.g. Physical, Emotional, Mental and Spiritual* Wellness and their relationship to the “*Wellness: A Question of Balance*” material
- Lists of the four major Activities: Storyboarding, Wellness Wheel Model, Wellness Game, Wellness Mandala
- Author’s Tips for Activities One to Four (see below for outline of Activities)

It is recommended that handouts from the Wellness Resource Guide be provided for students to include in a Wellness Journal.

Note: Journals are submitted to the teacher for review and should be revisited in Grades 11 and 12 to continue refining the **Wellness Wheel**.

Outline of Four Activities included in W: AQB

1. **Activity One:** Storyboarding provides a starting point for participants to explore their knowledge of Wellness - 1 hour
2. **Activity Two:** Wellness Wheel Model - 2 hours. Helps students to:
 - Understand the **Concept of Wellness** in order to create a personal definition.
 - Determine on a **Continuum** their current level of health.
 - Build their own **Wellness Wheel Model** related to the dimensions of health.
 - Explore and reflect on the **Implications of the Wellness Wheel Model**.
 - Discuss their use of the Wellness Wheel Model as a **Self-Regulating Mechanism**.
3. **Activity Three:** The Wellness Game reinforces and clarifies wellness behavior - 2 hours
4. **Activity Four:** A Wellness Wheel Mandala is created by students. - 1 hour

Resources Section: This section of the Guide includes additional materials that educators can use with their students. Some examples:

- Wellness Workbook
- Life Change Index for Young People
- Whoosh – Relaxation Breathing
- Wheel Worksheets
- Dimensions of Wellness Worksheets
- Stall Talk
- Wellness Lifeline
- Personal Responsibility & much more...

***Spiritual wellness is not synonymous with religion.**

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