

# 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.