

Lesson 5

Daily Wellbeing Check-in



Learning Goals

At the conclusion of this activity, participants will be able to;

- Examine and assess their own wellbeing in a given moment.
- Analyse different elements which contribute to positive wellbeing.
- Plan actions that they can take to improve their own wellbeing.

Resources Needed for This Lesson

- Lesson PowerPoint
- Student Journal
- Access to YouTube Clip A Mindful Moment
- Lesson 5 Survey Questions and Answers document

Introduction

In this lesson, students will examine and assess their own wellbeing. Students will discuss and analyse different elements contributing to their wellbeing, such as water intake, diet, sleep, exercise, balance, family and friends. They will then plan actions they will take to further improve their wellbeing. Please note, students will have prior knowledge of these topics from SPHE, Home Economics, Science and P.E.

Slide No. & Content

- SLIDE NO. 1 - Introduction.
- SLIDE NO. 2 - Learning Goals and Wellbeing Indicators identified.
- SLIDE NO. 3 - YouTube Clip (embedded in the PowerPoint presentation). Watch the YouTube clip to experience a mindful moment. Students can close their eyes or look at the screen for a minute of silence. Encourage students to be settled and calm before you begin.
- SLIDE NO. 4 - Introduce the Daily Wellbeing Check-in to students and explain they will be given time to examine and assess their own wellbeing during the lesson.
- SLIDE NO. 5 - Water: Discuss with students the importance of being hydrated and daily water intake. See Lesson 5 Survey Questions and Answers document for more information.
- SLIDE NO. 6 - Diet: Discuss with students the importance of a healthy balanced diet. See Lesson 5 Survey Questions and Answers document for more information.
- SLIDE NO. 7 - Sleep: Discuss with students the importance of good quality sleep. See Lesson 5 Survey Questions and Answers document for more information.
- SLIDE NO. 8 - Exercise: Discuss with students the importance of regular exercise on their physical and mental health. See Lesson 5 Survey Questions and Answers document for more information.
- SLIDE NO. 9 - Balance: Discuss with students the importance of finding a balance in their busy lives. See Lesson 5 Survey Questions and Answers document for more information.
- SLIDE NO. 10 - Family and Friends: Discuss with students the importance of healthy relationships. See Lesson 5 Survey Questions and Answers document for more information.
- SLIDE NO. 11 - Journal Activity: Students complete Journal Activity (A) on page 25 in their Student Journal. Allow students to work in silence.
- SLIDE NO. 12 - Student feedback. Gather feedback from students.
- SLIDE NO. 13 - Journal Activity: Students complete Journal Activity (B) on page 26 in their Student Journal. Allow students to work in silence and then discuss their answers.
- SLIDE NO. 14 - Review of Learning Goals.
- SLIDE NO. 15 - Traffic Lights & Wellbeing Indicators.

Lesson Review

- Ask the student to identify what they have learned using the 3-2-1 active learning method.
- Students will then reflect on their understanding of what they learned using the traffic light system.
- Finally, students should reflect on which of the 6 indicators of wellbeing they have utilised in this lesson.