



WellAhead

IDEAS SELECTED FOR PROTOTYPING

- **2 x 10***: The 2x10 strategy is simple: spend 2 minutes per day for 10 days talking with a student about anything she or he wants to talk about. The strategy builds a rapport and relationship between teacher and student, and lets the student see that the teacher genuinely cares about him or her as a person. This practice turns that abstract, where-do-I-start concept of relationship building into something easily manageable. For teachers who feel overwhelmed by their students' needs, this is a great way to start.
- **'Be' in Nature***: Classes of students will be scheduled to 'Be in Nature' during instructional time to increase opportunities and time to be and to learn outdoors. Through this practice, students can have regular opportunities to go outdoors to explore, to learn and to connect with nature.
- **Circle***: This practice involves gathering students in a circle once a day to share and practice their social skills in a predictable, safe space. The teacher will facilitate the circle and establish its cultural protocols, rules and guidelines (e.g. positive body language, right to pass, non-judgmental language).
- **Personalized Greeting/Everyday Greeting***: Every day, students are greeted at the door by name and engaged with eye contact by caring school staff, adults from the community, or students. Everyday everyone greets each other by name wherever they are (hallways, outside, office, staffroom etc.).
- **Take a Pause***: Every day students and school staff will take at least two 'pauses'. Teachers will find two times during the school day to stop students and guide them through a process where they pause and take four deep breaths, tuning into their bodies and observing the physical and mental sensations that come (sensations, emotions, thoughts etc.) Teachers will choose the times during the class day when a pause will encourage them to refocus and calm their minds and bodies.
- **Transition Time****: In a 5-minute session after transitioning to school in the morning, and another before they transition back home, students are guided through a personal reflection exercise. The reflection could focus on a highlight or memorable moment from the morning, or could focus on personal challenges and strategies to respond using humour, reflection, drawing, and writing.

* These practices are being prototyped and descriptions will be updated.

** These practices are currently being significantly shaped & reconsidered by Prototyping Teams and may not continue to be prototyped in their current form.