

Your Wellbeing Routine

OBJECTIVES:

1. Increasing wellbeing in the classroom

2. Stimulating creativity

STEP BY STEP

Preparation. The teacher suggests creating a collective exercise for getting ready to handle a stressful situation.

The teacher asks: *What makes you feel agitated in class?* The answers are shared.

The teacher first asks the group what they think are exercises that work to calm the mind and balance the body. Then they talk about the importance of breathing and other exercises in particularly challenging times. You can learn more by watching this video:

Activity. The class is then divided into 3 groups:

1. The first group will have to find a phrase to calm down and stimulate a positive response from the body;
2. The second group will find the "rhythm of breathing"
3. The third group will choose a background music/sound.

Building the routine. The 3 results are combined, and a short class exercise is created together. Everyone tries it together, including the teacher. This will be the exercise for calmness and positivity.

Tips for the teacher: You can find useful advice and proposals for wellbeing-related activities at this [link](#).