

Session 3: Workshop Activity Instructions

Wellbeing in Action

Step 1 – Introduction (5 minutes)

In Part 1 of *Just Teaching – Feedback, Engagement & Well-being for each student*, Jon explores how we can attend to the wellbeing of our students, ourselves and our colleagues.

In Chapter 2 (summarised on page 33), he contends:

- Purpose-driven flourishing is the goal of education and is for the common good
- Attending to well-being is not additional work; instead it is the way we do our work

Facilitator to Display the eight strategies on the slide:

We need less cortisol and more serotonin, dopamine and oxytocin.

To increase these, without creating more work, we need to:

- Laugh
- Play
- Elicit stories
- Model gratitude
- Create moments
- Have fun
- See whole people
- Develop empathic capacity

Most of these are self-evident, but for further explanation note:

Elicit stories – *this refers to sharing stories and creating space for others to share their stories*

Create moments – *this refers to creating high points/peaks or memorable moments in your school community. These should be both whole school but also, for example, weekly for students and staff*

See whole people – *this refers to the building of relationships that extend beyond just the 'transactional'*

Develop empathic capacity – *this refers to building our capacity to perceive, process and respond to others without focusing oneself*

Explain that the goal of this activity is to make these strategies practical and actionable for both staff and students.

Step 2: Brainstorm & Discussion (20 minutes)

a) Personal Reflection (5 min)

- Ask each participant to choose **one** strategy from the list that resonates with them.
- Have them jot down a few ways they already incorporate it in their work with students and colleagues.

b) Small Group Discussion (15 min)

- Form small groups (3-5 people).
- Each person shares their chosen strategy and how they use it.
- As a group, brainstorm new ways to apply these strategies without adding extra work.
- Record your groups responses on large sheets of paper.

Example prompts:

- *How can we naturally add more laughter to our meetings or classrooms?*
- *How can we create small but meaningful moments that lift others up?*
- *What's a simple way to model gratitude in our daily interactions?*

Step 3: Wellbeing Action Plan (15 min)

- Each group picks one practical idea that could have a positive impact on staff well-being and one for students.
- Groups share their ideas with the whole room.
- As a school, identify one or two small, school-wide wellbeing practices that could be implemented immediately.

Step 4: Closing Reflection (5 min)

- Invite staff to write down one simple change they will commit to this week.