

Empathy in Action with

# STUDENT WELLBEING



## WHOLE STUDENT SUCCESS

As educators, we are usually laser focused on helping learners achieve the appropriate standards for our content area and grade level. However, to provide our students with the best education possible and to give them the greatest opportunity for future success, it is critical that we incorporate student wellbeing into our physical and digital classrooms. This student wellbeing series will provide the framework needed to prepare your district to transform the way you learn and lead with empathy.



### DELIVERY MODES

Workshops can be delivered onsite, virtually, or a hybrid of both.



### DASHBOARD ADD-ON

Track student well-being with personalized data dashboard.



### TAKEAWAY RESOURCES

All workshops come with takeaway resources to use immediately.

## WHY ATTEND OUR WORKSHOP SERIES?

**Enhanced Classroom Climate:** Promotes positive teacher-student relationships.

**Improved Student Behavior:** Reduces disruptions and fosters focus.

**Academic Achievement Boost:** Enhances student engagement and learning outcomes.

**Emotional Regulation:** Equips students with lifelong coping skills.

**Holistic Student Development:** Supports well-rounded, empathetic individuals.

**SEE PAGE TWO FOR A DETAILED BREAKDOWN OF OUR SERIES!**



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## WORKSHOP 1: INTRODUCTION TO STUDENT WELLBEING

Embark on a journey of discovery with our introduction to student wellbeing, tailored just for educators like you! Delve into the heart of student wellbeing, understanding its vital components and how they fuel academic triumphs. Let's walk hand in hand through practical tips and approaches to seamlessly infuse it into your daily lessons, nurturing a classroom where every student thrives with empathy and confidence.

## WORKSHOP 2: SELF-AWARENESS & SELF-MANAGEMENT

Welcome to the world of self-awareness and self-management, where we guide students on a journey of understanding and embracing their emotions with warmth and support. In this module, we focus on empowering students to recognize and regulate their feelings, creating a safe space for authentic expression and empathy. Together, we'll explore strategies for nurturing a growth mindset, fostering resilience, and celebrating the beauty of personal growth and development.

## WORKSHOP 3: SOCIAL AWARENESS

Journey into the world of social awareness, where students learn to embrace empathy, variety, and the beauty of individual identities with kindness and curiosity. In this module, we'll explore strategies that nurture students' ability to connect with others, fostering a sense of belonging and mutual respect in our diverse communities. Together, we'll celebrate the uniqueness of each individual, weaving a tapestry of empathy, understanding, and inclusivity in our classroom and beyond.

## WORKSHOP 4: RELATIONSHIP SKILLS

Embark on a journey of building positive connections with kindness and authenticity. Throughout this exploration, students learn to navigate diverse settings with confidence, fostering meaningful bonds within our school community. Together, we'll celebrate the diversity of relationships that make our school thrive, creating a supportive and inclusive environment where every individual feels valued and empowered.

## WORKSHOP 5: RESPONSIBLE DECISION MAKING

Cultivate the skills to navigate life's choices with wisdom and integrity. Throughout this exploration, students learn to make positive choices that reflect their values and impact their interactions with others, fostering a harmonious and supportive community. Together, we'll celebrate the growth and resilience that comes from setting goals and embracing the opportunities for personal development and success.

