

NEF's Five Ways in Fifteen (5 in 15)



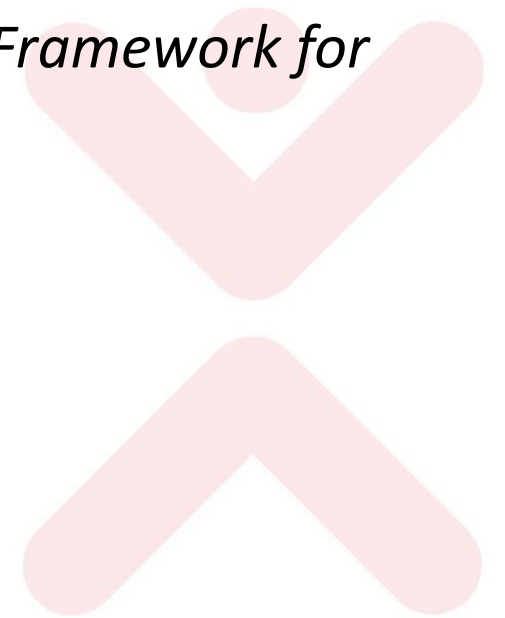
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Five Ways to Wellbeing (NEF)

- Evidence-based framework
- Action focussed
- Aligns with NSW DoE *Wellbeing Framework for Schools*



“Check-In” – each day (15 mins)

W1 Connect – each term

W2 * Be Active

W3

W4

W5 * Give

W6

W7

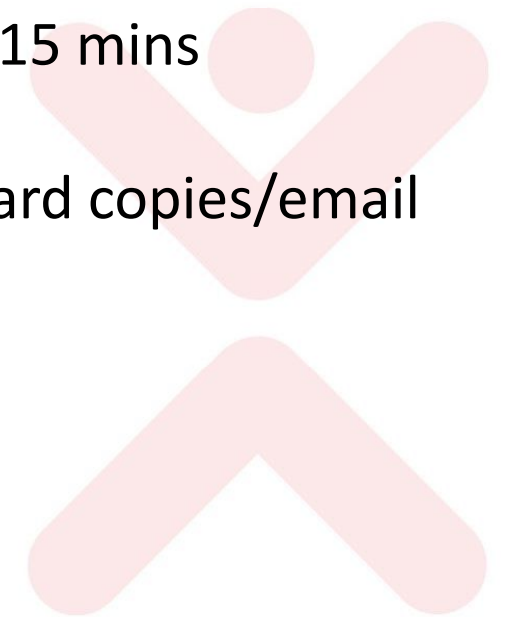
W8

W9 * Take Notice

W10

* Staff Meeting – PD focus

- Focus areas from 5 ways change/rotate each term
- Activities for at least 3 days/wk x 15 mins
- Additional ‘optional’ activities
- Provided via Google classroom/hard copies/email
- Activity sources:
 - Reachout.com
 - Drama teachers
 - mindful.org
 - Youtube



“Take-aways” / Tips

- ✓ Variety of activities
- ✓ Link with special days, eg. World Autism Day – 10,000 steps = “Be Active”
- ✓ Ensure that activities have:
 - Learning intentions, success criteria
 - Resources
 - Teacher info re ‘why’, linking it to the 5 ways
 - Alternatives / ways to modify the activity
 - An opportunity to provide feedback
- ✓ Develop a term-long scope & sequence
- ✓ Evaluate each term – effectiveness? Teacher uptake?
Student engagement?

TERM 2, WEEK 9-10, 2018

FOCUS : Take Notice

Learning intentions	Learn the importance of being ‘Mindful’ and Taking Notice
Success criteria	Students participate and can articulate their experiences in being mindful
Resources	<ul style="list-style-type: none"> • See Activities • https://www.youtube.com/watch?v=mNojLd_Jbh8 • https://www.youtube.com/watch?v=ajjDbqjif7TQ
Teacher information	<p>Focus: Taking Notice, being present and aware in the moment, which includes your thoughts and feelings, your body, the world around you. Some people call this awareness “mindfulness” and it can positively influence how you approach challenges. Mindfulness IS NOT ***** MEDITATION.... (Lincoln, circa 2018)</p> <p>Mindfulness is good for: Your body, your focus, relationships, helps school etc Introduce concept https://www.youtube.com/watch?v=9bwlhiU5_Pi</p>
Suggested activities	<p>ONE <u>Activity 1: Savouring the moment:</u></p> <p>Savouring is appreciating and paying attention to the positive experiences in your life. Stop for a moment and really <u>enjoy</u> what is going on.</p> <p>Resources needed: dried fruit, chocolate (See Desley)</p>