



[Well-Being \(https://www.studiesweekly.com/blog/category/well-being/\)](https://www.studiesweekly.com/blog/category/well-being/)

Helping Your Students Thrive with Our Well-Being Curriculum

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ON APRIL 5, 2021

Every year, students struggle more and more with overcoming normal developmental challenges.

From 2003 to 2012, the number of children ages 6-7 diagnosed with anxiety or depression **increased by 3%**. In 2016, one in six U.S. children ages 2-8 had a diagnosed mental, behavioral, or developmental disorder. These challenges make it harder for children to develop the emotional resilience and social skills they'll need to succeed in life.



regulation, and self-awareness. In a recent webinar, Larissa Chase, Studies Weekly Well-Being Curriculum Specialist, explained that screen time lowers children's attention spans and face-to-face interactions. This lack of human connection and inability to focus raises their depression and anxiety levels.

In addition to normal developmental challenges, some of your students may deal with problems that cause emotional distress, such as:

- Loneliness
- Cyberbullying
- Online predators
- Self-harm
- Loss of a loved one
- Domestic abuse

These issues make it harder for children to pay attention in class and complete homework assignments. So what can you do to help your students succeed?

Implementing a Well-Being Curriculum

The best way to teach your students how to take care of their emotional and mental health is to incorporate a well-being curriculum into your school. Well-being education teaches your students how to identify and manage their emotions. As they practice coping skills, they behave better in class and learn to advocate for their needs.

As a school counselor, Chase saw how hunger, lack of sleep, and social conflicts caused behavior concerns for students of all ages.

“Many teachers have to help a student resolve an emotional concern before they can teach them their content,” Chase said.

Integrating a well-being curriculum empowers your teachers by giving them the tools they need to help students handle personal challenges and respond to the normal changes in their developmental stages.



- Decrease bullying
- Prevent suicide

How Our Well-Being Curriculum Can Help

Our [PK-6 Well-Being curriculum](#) is a 32-week course designed to teach your students how to improve their overall well-being. Each week includes 4-8 student articles with accompanying lesson plans, interactive videos, images, and graphic organizers.



Well-Being

Studies Weekly PRE K - KINDERGARTEN

Week 5: Developing a Growth Mindset

Summary of the Week: Students will learn about the difference between a growth and fixed mindset. Students will learn skills to help them do their best and skills to help them turn mistakes into opportunities for learning.

Teacher Background Knowledge: An American psychologist named Carol Dweck researched motivation and development. She helped shape a lot of the thinking around growth and fixed mindsets. Knowing about growth mindset and fixed mindset thinking will help students overcome setbacks and self-reflect in a positive way. Encourage students to utilize growth mindset thinking as they make mistakes and encounter new challenges.

Enduring Understandings:

1. Social well-being includes the interactions with others in which students engage in positive relationships of belonging, attachment, and connections; as well as to resolve conflicts and manage responses to various interpersonal situations.
2. Emotional well-being is the understanding and managing of inner feelings, thoughts, and emotions.
3. Mental well-being refers to the brain's thinking, processing, and learning systems.
4. Physical well-being refers to the innate biological needs, safety, and health.
5. Academic well-being is the demonstrated acquisition of content knowledge and behaviors within a range of developmentally appropriate abilities.

Essential Questions:

1. What is a growth mindset?
2. What is a fixed mindset?
3. What word can you use to help you when you make mistakes?



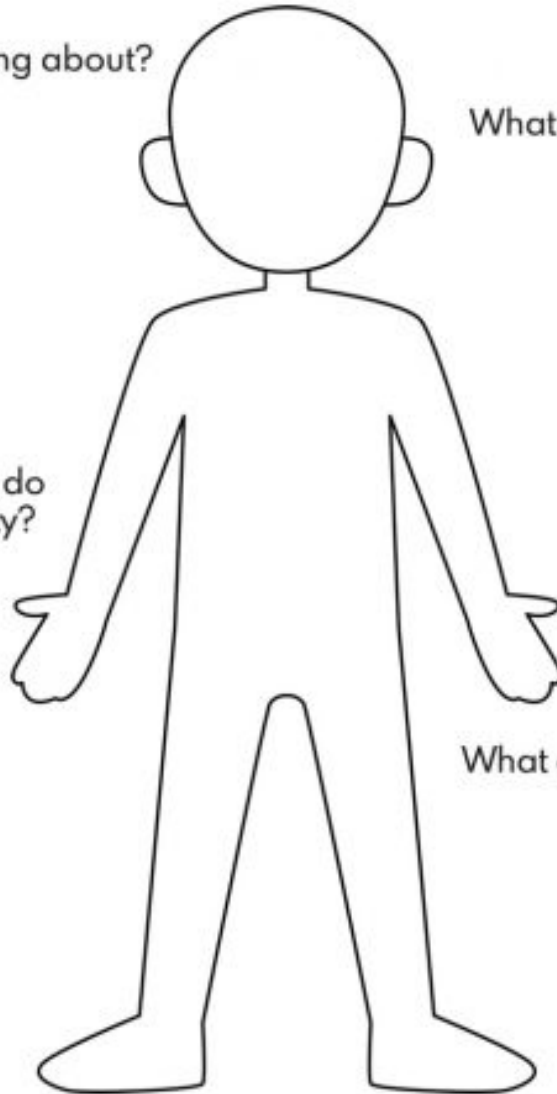
Anxiety Feels Like...

Directions: Answer the questions below. Then, draw on the person what anxiety and stress feel like for you.

What are you thinking about?

What does your anxiety look like?

Where in your body do you feel your anxiety?



What color is your anxiety?

What does anxiety feel like?



understand social-emotional learning on grade level. We also want teachers to have the flexibility to teach the most needed content so we have designed the curriculum in a way that each week stands on its own and can be used in the classroom as a preventative model (tier 1 instruction), with small groups of students in an intervention model (tier 2 supports), or as a postvention or crisis response model (tier 3 supports).”

You can adapt this curriculum to fit the individual needs of your district and schools. Topics include:

- Self-reflection and self-regulation
- Managing emotions
- Empathy
- Resilience
- Cooperation and collaboration
- Growth mindset
- Decision-making
- Stress management
- Mindfulness
- Digital citizenship

What Makes Our Well-Being Curriculum Reliable

It's Research-Based

Our well-being curriculum is built with [The Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#) framework in mind. CASEL is a leading source for research-based social and emotional learning, which means our curriculum provides your students and staff with proven coping strategies and teaching techniques.

Our curriculum specialists also used research from the [Yale RULER program](#), [Sown to Grow](#), [Maslow's hierarchy of needs](#), and [Harvard SECURE](#).



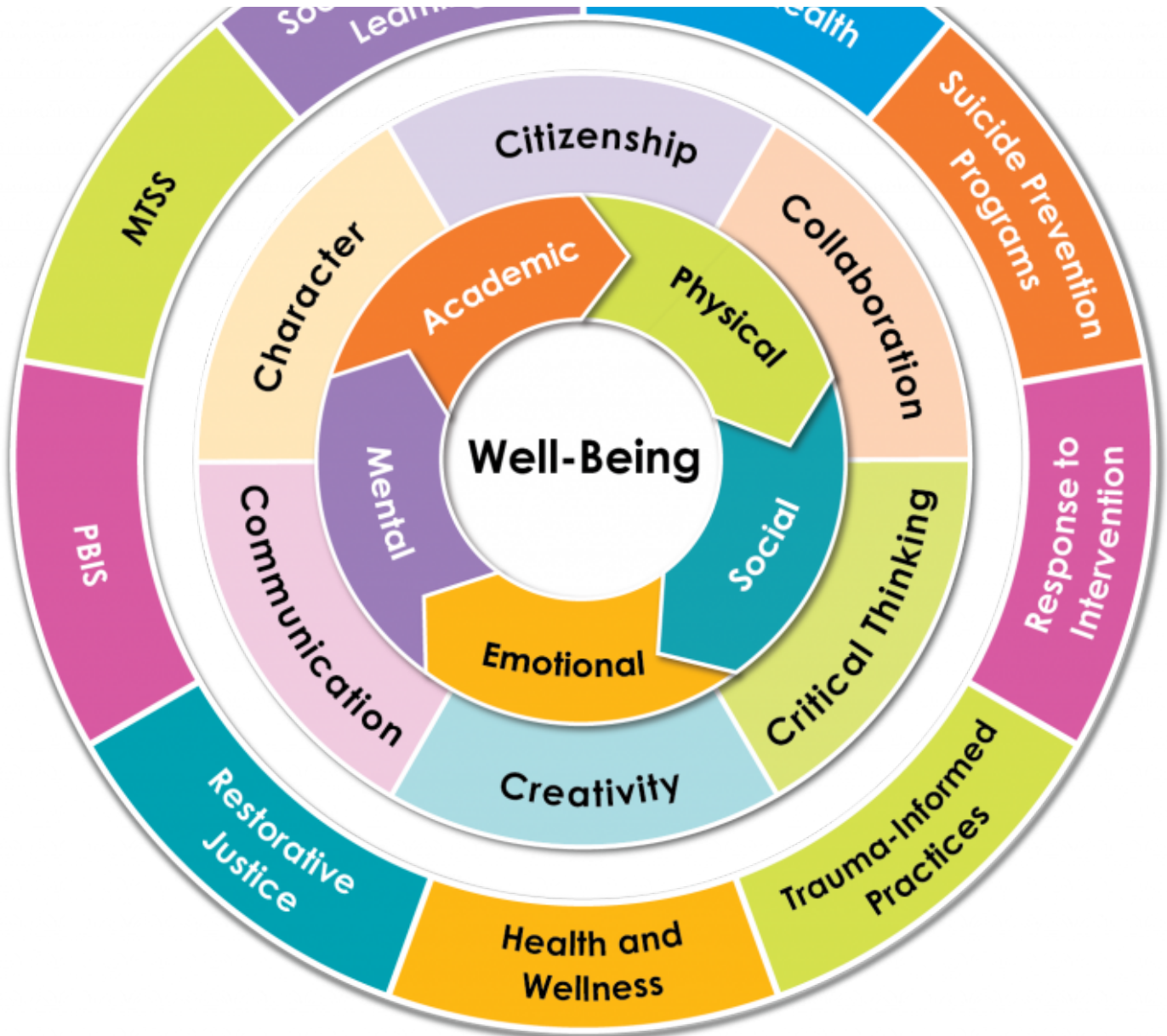
It's Built By Experts

Not only did our team use evidence-based research, but they also brought their own real-life experience to the table. Our well-being architects consist of school counselors, elementary and secondary teachers, athletic coaches, school psychologists, professional athletes, and professionals in special education and early childhood development. They combined their expertise and experience to create a stellar curriculum that will help your students improve their well-being.

It Fits with Other Well-Being Frameworks

Our curriculum centers around increasing student well-being in five areas: emotional, mental, physical, social, and academic. We have designed lessons that include learning and development in:

- Creativity
- Character
- Communication
- Critical thinking
- Collaboration
- Citizenship



(<https://www.studiesweekly.com/wp-content/uploads/2021/04/WB-charts-06.png>)

Helping students grow in these six dispositions supports other intervention frameworks, such as suicide prevention programs and trauma-informed practices. We know that every school has a Response to Intervention (RTI) plan that is unique to the challenges their students face. That’s why we constructed our well-being curriculum with many approaches in mind.

“We want to provide something that will work with whatever framework you’re using,” Chase said.



this curriculum.

Identifying and Communicating Emotions

Children don't always know how they feel or how to explain their emotions. In our Identifying and Demonstrating Emotions unit, your students will expand their emotional vocabulary to effectively describe their feelings and manage them in a healthy way. They also learn how to recognize different emotions in others so they can develop and practice empathy.

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Identifying and Demonstrating Emotions WEEK 2

Name _____

Self-Regulating Emotions

We can choose how we show our emotions. Feelings come with responsibility. The words we use should tell people how we feel. The words we use shouldn't hurt others. Remember that emotions are there to help us.

When you are angry, which of the following is an appropriate way to show how you are feeling? Circle the picture.

Tell your parent you are feeling angry about your broken toy.

Yell and grab the toy from your brother.

What to Do When Life Is Hard


It is important to let yourself feel your emotions. But the way we act can sometimes hurt the people around us. It is helpful to breathe and think before you act on your emotions.

Thinking about your actions is called "pushing pause." This is a tool to help you choose your actions. Pushing pause also helps us manage our emotions.

Push pause and think.

Identifying Emotions

We all need to pay attention to how we feel. It is also important to be able to tell people how we feel. We call these feelings emotions. **Emotions** are what you feel about what happens around you. When we know how we are feeling, it helps us understand our own emotions.



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Identifying and Demonstrating Emotions

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Labeling Emotions and Emotion Words

Recognizing Emotions in Others



Recognizing how other people are feeling is



Communicating Emotions

There are different ways that you communicate your feelings. You can communicate how you feel with your body language.











Giving your friend a high-five tells them you're happy to see them. The look on your face shows feelings without using words. You can usually tell someone is sad by looking at them. Use your words to tell others how you feel. That is the best way to help them understand.



To understand how people are feeling, we follow some steps.

1. First, watch and listen.
2. Next, we infer, or make a guess, about how they are feeling.
3. Then, ask questions.

Emotion Words Help Us Describe Our Feelings

  JOY happy - excited cheerful - good	  FEAR anxious - nervous frightened - shocked	  SADNESS alone - upset unhappy - hurt	  DISGUST secretive - embarrassed guilty - ashamed	  ANGER mad - annoyed frustrated - upset
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Chase recommends having your teachers do an emotional check-in with their students when they come to class. When your teachers know a child is sad, tired, or hungry, then they know to do something different to help that student engage in the lesson.

Managing Anxiety

In the Getting Past Anxiety unit, students will learn what anxiety is, how to recognize it, and how to cope with symptoms.



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In addition to our periodicals, teachers can help students manage anxiety using meditation videos and other multimedia content on [Studies Weekly Online](#).

“A lot of times, students experience overstimulation that affects the nervous system, so we want to help students learn how to take a break from that,” Chase said.

Developing a Growth Mindset

Students who believe they can improve have what is called a growth mindset. When students tell themselves they can get better at something, it increases their self-confidence.



Chase explained that the Developing a Growth Mindset unit teaches students the power of “yet.” If a student thinks they aren’t good at math, this unit teaches them to change the thought to, “I’m not good at math yet,” which shifts the focus of their self-talk from problem-centered to solution-focused.

“Adding the ‘yet’ adds this thought of, ‘I can do it. It’s going to happen,’” Chase said. “Yet” naturally causes a student to think critically about how they will improve.



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To promote student well-being even more, integrate it into other subjects. This reinforces the coping strategies your students learn and teaches them how to apply them to all areas of their lives.

Our new Social Studies curriculum includes well-being concepts in history, geography, citizenship, and other subjects.

“We integrated well-being into Social Studies by encouraging self-reflection, self-regulation, self-awareness, and greater awareness with the community,” Chase said.

She gave one example from a Studies Weekly issue about connecting communities. The unit included a section on donating, where students learn to care about people in need.

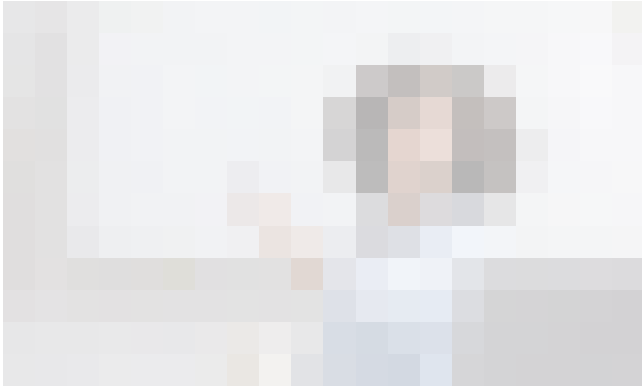
Our Science curriculum also incorporates well-being by asking students to reflect on what makes up who they are; or, when they are learning about cause and effect, asking them how their actions affect other people.

Students also learn engineering design, which is all about problem-solving. Encourage your science teachers to show students how to apply the engineering design process to everyday life, including what to do when they feel sad, angry, or disgusted.

Promoting Student Well-Being

No matter what your students are going through, you can help them thrive. Give your teachers a well-being curriculum that provides them with research-based strategies, lesson plans, and other valuable resources. As they model and teach how to improve emotional, mental, and social well-being, your students will excel academically and meet state standards.

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