

Wellbeing For Learning: Targeted Classroom Booster Activities (Grades 4-12)

1. Wellbeing For Learning Activities: The 4 Domains

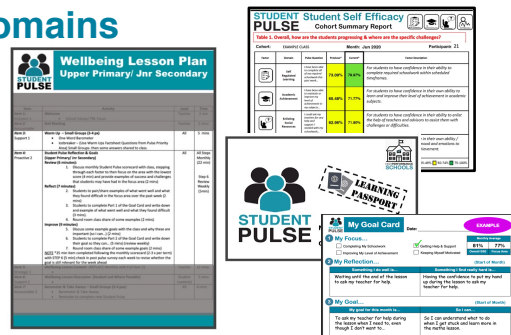
Maximising 'Wellbeing For Learning' is a core responsibility for all schools. This is achieved by targeted programs and activities that maximise 'Student Self-Efficacy'.

Student Self-Efficacy is made up of 4 factors related to a student's confidence in being able to (1) complete their schoolwork; (2) improve their level of achievement; (3) seek help from their teachers; and (4) maintain their motivation to study. These 4 factors reflect important teaching and learning domains where teachers can have a significant positive impact (see diagram).

Student Pulse Items	Related Student Self-Efficacy Factors	Related Teaching & Learning Domains
1. I could complete all of my required schoolwork...	Self-Regulated Learning (Work Completion)	Capacity to Engage in Assessment Tasks
2. I could maintain or improve my level of achievement in my schoolwork...	Academic Achievement (Level of Achievement)	Metacognition & Effective Instruction
3. I could ask my teachers for any help and support that I needed...	Enlisting Social Resources (Help Seeking)	Student / Teacher Relationships
4. I could keep myself motivated and feel satisfied with my learning...	Self-Regulatory Efficacy (Self-Motivation)	Resilience & Coping Skills
















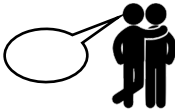




2. Targeted Classroom Activities Across The 4 Domains

In class, Wellbeing For Learning Lessons usually begin by students reflecting on their Class Level Scorecard and identifying a collective focus area for discussion followed by reflecting on, and updating, their learning passports. They also regularly engage in targeted activities focused on improving specific areas of their Wellbeing For Learning. Listed below are a range of brief booster style classroom activities that teachers can use to target each specific factor of Wellbeing For Learning.



Wellbeing for Learning Factors	Teaching & Learning Domains	Recommended Classroom Booster Activities* <i>(*adapted for age-appropriate contexts)</i>
1. Work Completion	Capacity & Engagement in Assessment Tasks	1. Never Forget! 2. SMART Goal Setting! 3. Study Planner Shake Down!
2. Achievement Level	Metacognition & Effective Instruction	4. Stop List! 5. Learning Achievement & Challenge! 6. 10% Better!
3. Help Seeking	Student/Teacher Relationships	7. CARD Type & Asking for Help! 8. CARD Type – Practice Makes Progress! 9. CARD Type & Your Teachers!
4. Self-Motivation	Resilience & Coping Skills	10. Weekly Wellbeing Goal! 11. Advice for a Friend! 12. My Dream Jobs!

Wellbeing For Learning: Classroom Booster Activities (v1.0)

 1. Work Completion	 2. Achievement Level	 3. Help Seeking	 4. Self Motivation
Capacity to Engage in Assessment Tasks	Metacognition & Effective Instruction	Student/Teacher Relationships	Resilience & Coping Skills
1. Never Forget!  <p>Activity: Discuss your best tips for note taking and remembering lesson content. Share back to the class. Time/Strategy: 10mins / Frayer model</p>	4. Stop List!  <p>Activity: Activity: (Whole class) Answer the question: 'To improve my grades I need to stop...' Share back examples to the whole class. Time/Strategy: 10mins / Crumple & Shoot</p>	7. CARD Type & Help Seeking!  <p>Activity: Introduce the CARD Communication Model and discuss how each CARD Type prefers to be asked for help. Time/Strategy: 10mins / Jigsaw Expert Groups</p>	10. Weekly Wellbeing Goal!  <p>Activity: Identify one positive wellbeing goal you'll commit to over the next week, as well as a buddy to help keep you accountable. Time/Strategy: 10mins / Give one to get one</p>
2. SMART Goal Setting!      <p>Activity: (Whole class) Review the SMART Goal Setting Framework and set a SMART learning goal for the week ahead. Time/Strategy: 10mins / I Do, You Do</p>	5. Achievement & Challenge!  <p>Activity: Think about learning successes and challenges. Celebrate successes and share ideas for overcoming challenges with classmates. Time/Strategy: 10mins / Think, Pair, Share</p>	8. CARD Type – Practice Makes Progress!  <p>Activity: (Small groups) Review the CARD Communication Model and practice how to ask each CARD Type for help. Time/Strategy: 10mins / Rally Coach</p>	11. Advice for a Friend!  <p>Activity: (Small groups) Discuss 3 pieces of advice you'd give a friend about staying motivated in school. Choose 1 piece of advice for yourself. Time/Strategy: 10mins / Gallery Walk</p>
3. Study Planner Shake Down!  <p>Activity: Answer: 'The time of day I most/least feel like doing my homework or assignments is...' Note these times down in your study planner. Time/Strategy: 10mins / Individual Reflection</p>	6. 10% Better!  <p>Activity: (Small groups) Identify 1 subject you'd like to do better in. Discuss what you'd like to do better in. Discuss what doing 10% better in that subject 'looks like', 'sounds like', and 'feels like'. Time/Strategy: 10mins / Looks, Feels, Sounds Like</p>	9. CARD Type & Your Teachers!  <p>Activity: Review the CARD Communication Model and identify the CARD Type of 4 of your Teachers. Time/Strategy: 10mins / See, Think, Wonder</p>	12. My Dream Job!  <p>Activity: Discuss your dream job. Identify 3 things that you're doing at school that could help you reach your dream job. Time/Strategy: 10mins / Silent Storm</p>