

Diving In: Create a Culture of Wellness

Use the following checklist as a guide to start creating a comprehensive culture of student wellness in your PLC.

- ☐ If your school defines success only through academic achievement, consider what approaches to change as a first step.
- ☐ Explore how teams will utilize the four critical questions to lead their wellness work using the "Four Critical Questions in the Student Wellness Education Framework" tool on page 20.
- ☐ Have teams explore which of the five core competencies they would prefer to start examining using the "Emotional Competency Reflection for Educators" tool on page 22.
- ☐ Identify teams that might be resistant to embedding wellness competencies into their course. What inroads may exist to support their consent in beginning this process?
- ☐ When teams feel prepared, begin to have them share their successes and challenges with other teams and administrators to help continue the PLC process.