

# Diving In: Design an Integrated Wellness Curriculum

Use the following checklist as a guide to designing an integrated wellness curriculum when engaging with the Student Wellness Framework.

- Consider the physical space of your building. Are there places or spaces that can be designed more intentionally to support physical and nutritional health and encourage collaboration?
- Within each collaborative curriculum team, begin brainstorming and identifying the essential skills.
- Utilizing the reproducible "SEL Worksheet" (page 74), identify what those skills look like, sound like, and feel like.
- Work with your colleagues to develop scaled learning targets for each of your essential skills using the reproducible "SEL Scaled Learning Target Template" (page 75).
- Within collaborative teams, use the reproducible "Aligning the Essential Skills Worksheet" (page 76) to begin to identify places where the emotional competencies and skills can be specifically aligned within the curriculum.