



# WE Well-being

**The WE Well-being Foundational Module:**

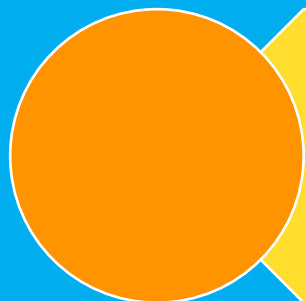
*Creating caring classrooms by bringing social and emotional learning together with service-learning*



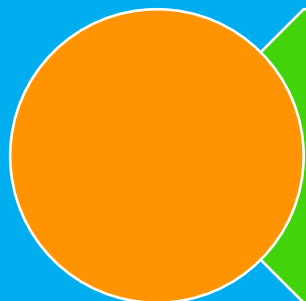
Building a caring and supportive learning environment enables students of all ages to create positive change and promote well-being!



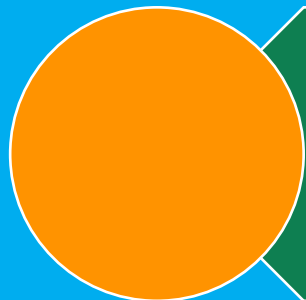
# LEARNING OUTCOMES



Students recognize and understand the meaning of community and what a caring community looks like/feels like.



Students develop an action plan to support actions to increase inclusion and belonging in the classroom and school.



Students are able to describe and communicate the meaning of community and a shared community building experience



# SERVICE-LEARNING SEQUENCES

## 4 STEPS OF WE SCHOOLS

---

1

### INVESTIGATE AND LEARN

Students explore topics related to a real-world challenge or opportunity.

2

### ACTION PLAN

Students develop a plan to implement their service-learning project, including one local and one global action.

3

### TAKE ACTION

Students implement their action plan.

4

### REPORT AND CELEBRATE

Students present the results of their service-learning initiatives.



# 1. Getting Started

Discussing what  
“community” means  
and how to create a  
caring, supportive  
learning environment



# Introduction to WE Schools



## **Building a Foundation**

This module is built on social and emotional learning and service-learning, providing students with the skills to become caring, respectful, and responsible citizens and the opportunities to apply those skills and values.



# Ice-Breaker Activity

## PLEASED TO MEET YOU!

Find a partner you haven't worked with before.

Take turns answering 2-3 questions by rolling a die.

Introduce the other student to the class with one interesting fact.

## WOULD YOU RATHER?

Listen to the *"Would You Rather"* question.

Move to the side of the room based on your answer to the question.

Discuss your opinion with your peers and the class.



**What is a  
community?**

Community is “a group of people with a common characteristic or interest living together within a larger society.”

# Caring Community Brainstorm

What does the word “caring” mean to you?

What would a caring community look like and sound like?

What are some examples of caring words and actions?

# Community Think/Pair/Share

**What would we like our community to be like?**

Write down some key things that are important to you.



Today, we began thinking about what a caring community might look like in our classroom.

Next time, we'll begin to make a plan to put into action, to create the community where **we feel we all BELONG.**

# REFLECT

Write or draw about one new connection  
you've made or similarity you've  
discovered and are grateful for



## 2. Investigate and Learn

Exploring and  
reflecting on what  
makes a caring  
class/school  
environment and  
hearing each  
other's  
perspectives



# Review

## Reflecting as a class...

Let's reflect on any connections we made to one another and what we brainstormed so far about what makes a caring class/community

# LOOKS like, SOUNDS like, FEELS like...

What does a  
caring  
class/school  
**LOOK** like?

*How is the room  
organized? With  
desks, chairs,  
etc.*

What does a  
caring  
class/school  
**SOUND** like?

*What do the  
voices,  
language and  
communication  
sound like?*

What does a  
caring  
class/school  
**FEEL** like?

*How do you  
want to feel in  
our classroom?*

# DISCUSSION

## Small group

What do you notice about our list?

Are there common themes?

Is there anything missing?

## Whole class

Share the most common conditions or themes that emerged.

Synthesize 3-5 core values or themes that emerged.



**Be here. Be you. Belong.**  
*This classroom belongs to all of us.*

— Brené Brown



## 3. Action Plan

Working together  
to plan actions for  
creating a caring  
class/school  
community to  
increase inclusion  
and belonging.



# Review

## Reflecting as a class...

Let's reflect what we said a caring class/school **looks, sounds, and feels** like.

What core values did we identify as important to us?



**COLLABORATION**  
means to work together  
with others to make or  
produce something.

**What skills do you need to  
collaborate?**

**WE**

**With your group,  
create an  
ACTION PLAN**

**Be creative  
and realistic!**

**What can we do...**

to make our  
class/school **LOOK**  
like a caring  
class/school?

**What can we do...**

to make our  
class/school **SOUND**  
like a caring  
class/school?

**What can we do...**

to make our  
class/school **FEEL**  
like a caring  
class/school?

▶ WE

**Let's get  
creative and  
dig deeper!**

What have you  
done in previous  
classrooms?

Are there any  
models you've  
seen outside of  
school?

What do we  
already do that we  
can do better?

Are there any  
good ideas that  
you can find on the  
internet?

Consider time and  
materials as you  
brainstorm.

What will help us  
remember to take  
these actions?



# DISCUSSION

## Sharing

Each group presents their ideas to the class

Questions and feedback are welcomed!

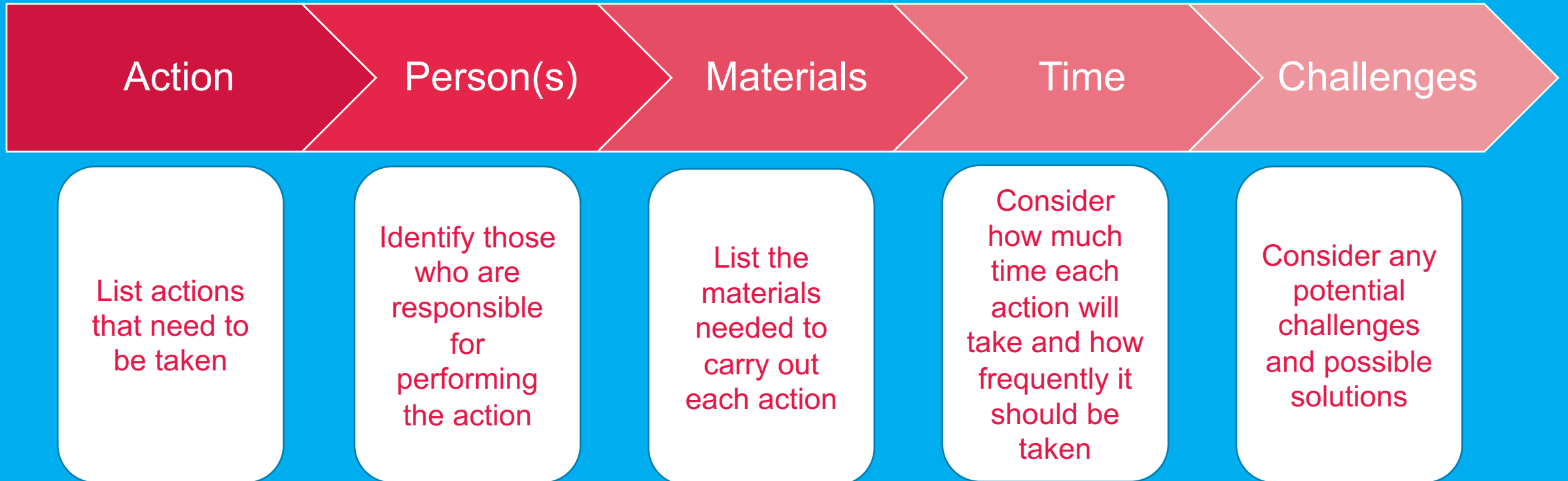
## Voting on Ideas

Present each idea on a poster

Vote to see which ideas have the most classroom energy!



# Caring Community Action Plan Organizer



## 4. Take Action

Working together  
to take actions for  
creating a caring  
class/school  
community to  
increase inclusion  
and belonging

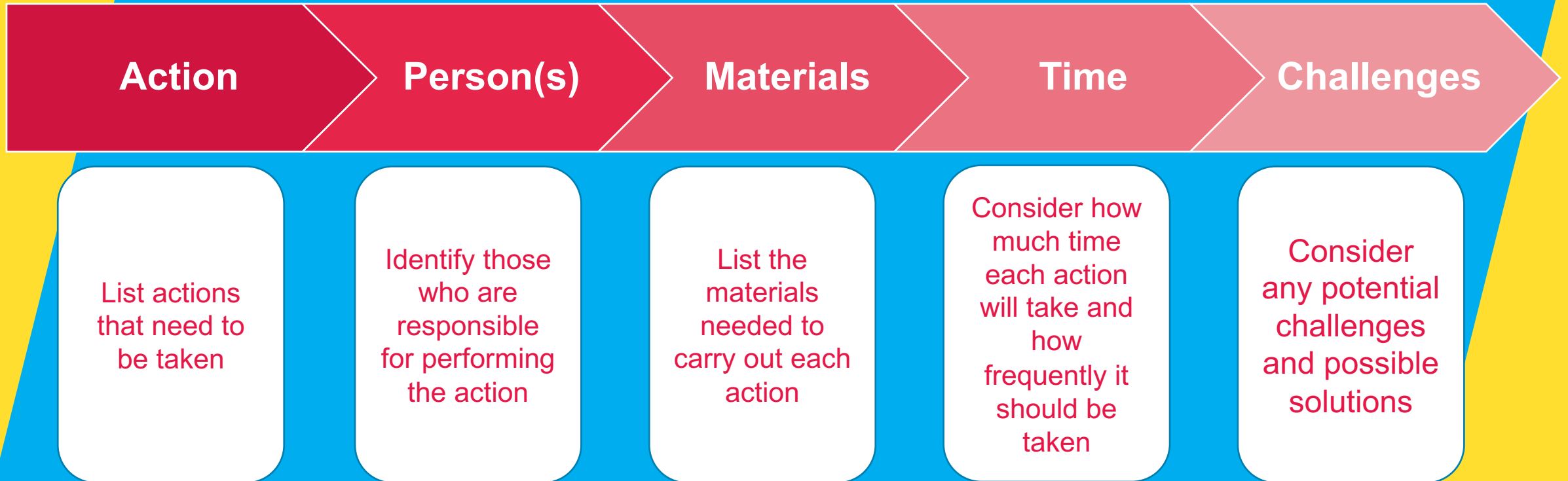
## Reflecting as a class...

Let's reflect on our process so far of a caring class/school community.

Do you feel connected to one another in this important work?

Is your voice being heard and represented?

# Caring Community Action Plan Organizer





**Show us how it's done!**

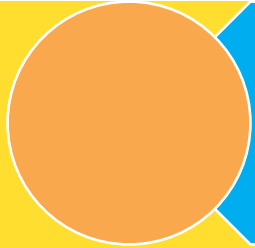
**Put your plan into action!**

## 5. Reflect

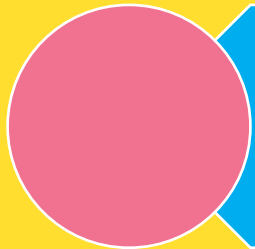
Reflecting on our  
shared experience  
of creating a  
caring  
class/school  
community to  
increase inclusion  
and belonging



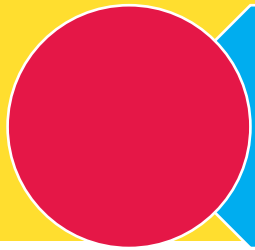
# Reflect on the following questions:



How did it feel to work together?



How are you feeling now, after our work together?



What more would you like to contribute to our community?

**Think to yourself!**

**WE**

## Discussion

### Pair up

With a partner, share a reflection –something you noticed, something you would like to do, or something you felt while engaging in this project.

### Shared reflection

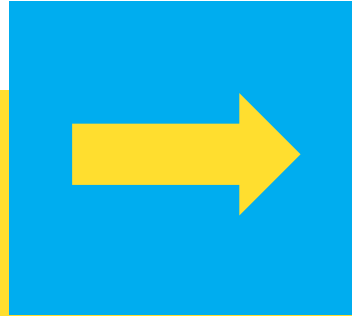
Share out loud as a community

Listen respectfully

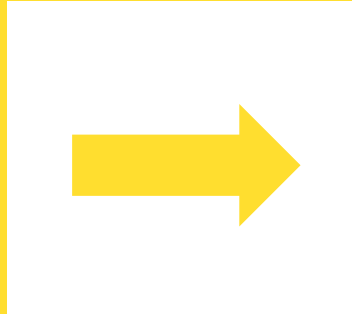
Record reflections in writing



# NEXT STEPS



How do we ensure accountability for our actions and ideas? Do we check in our action plans as a group? Frequency? How



What happens if we stray away from our core values we establish as a group? How do we get ourselves back on track?



What happens if one of our members does not feel connected to our community? How will they let us know, and what will we do?

# ▶ WE SIMPLE ACTIONS TO BUILD COMMUNITY



## SELF

Explore what community means to you through written reflections/artistic portfolios/etc.!



## SCHOOL

Find ways to foster a sense of belonging throughout our school community!



## COMMUNITY

Plan a service project to help support the wider community around our school!



## HOME

Share your action plan for creating a caring class/school community with your families!

Write a letter to yourself imagining how our class/school community will look, sound, and feel at the end of the school year.





# Well-being

| End of Lesson