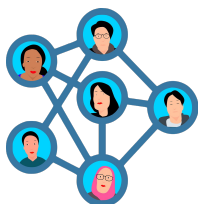


Enhancing Student Wellness: Simple Tips for Instructors

DEVELOPED AT MCGILL & MODIFIED FOR USE WITHIN INDIGENOUS COMMUNITIES BY [FNAESC](#)



The Indigenous value of connection is critical for wellness. Here are some ways to foster it with your students

CREATING CONNECTIONS

Connecting with each other

Use breakout rooms to assign pairs or triads of students to talk with each other for a few minutes. **Guiding questions are helpful** ❤️

Allocate 10 minutes or so each time you meet for **non-subject related conversation**, either in pairs/triads or as a large group.

If you meet your students 1 to 1, plan one period a week (or more) to **meet as a group** to increase connection with others.



(RIGHT HERE, RIGHT NOW)

It only takes a moment to experience some wellness. Here are a few ways to bring it to your practice.

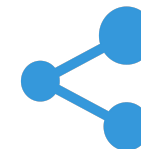
INCREASING WELLNESS

Positive Sharing

Invite students to share an image that makes them feel good. They can share this image in a class slideshow or privately with you.

Ask them to assign this image (or another) as their picture in Zoom/Meet/Teams. **If camera is off, the class sees positive images of each other.** ❤️

How to change the profile image on [Zoom](#) [Meet](#) [Teams](#)



Many wellness resources are available to our communities. Here are some links to resources you can share with your students.

SHARING RESOURCES

Reaching out to Community

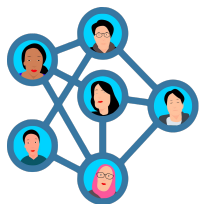
Ask your students to share resources that they find helpful with the class anonymously via Google or Microsoft forms. **They may be able to help each other** ❤️

Community-based resources:
[Kahnawake](#) [Listuguj](#)

Students may want to reach out beyond their communities.
[#healthierMcGill](#) [Self Harm Help](#)

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CREATING CONNECTIONS

Learning about each other

Use live polls or digital quizzes to ask students questions related to **the class as a community**.

With tools like [Mentimeter](#), [Zoom polls](#), and others, you can see the responses live and **talk about them together**.

If you meet your students 1 to 1, plan one period a week (or more) to **meet as a group** to do these kinds of activities together.



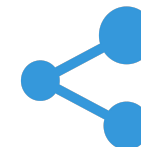
(RIGHT HERE, RIGHT NOW) INCREASING WELLNESS

Cultural Wellness

Encourage participation in cultural activities. With your school/centre colleagues, organize **weekly online cultural sharing activities**

In large or small groups, school communities can gather online to dance, bead, paint, share stories... **Exercise through dance is probably really needed right now!**

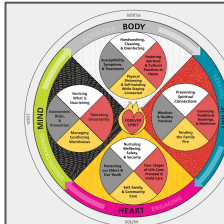
When possible, deliver tea and snacks to students to have for these weekly gatherings. **It adds to a sense of belonging & care** ❤️



SHARING RESOURCES

Learning Together

As a staff community, you can enhance student wellness by learning about wellness with colleagues. **Here are some ideas.**



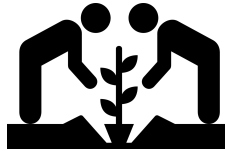
[Indigenous Wellbeing In The Times Of Covid-19: A Virtual Support Hub](#)

Women's College Hospital Indigenous Health

If **student self-harm** is a worry at your school or centre. [First Nations Youth Suicide Prevention Curriculum: Prevention Through Culture](#)

Involve the school counselor if you & your colleagues work through this curriculum together.

Teaching with these Ideas in Mind



(RIGHT HERE, RIGHT NOW)

INCREASING WELLNESS

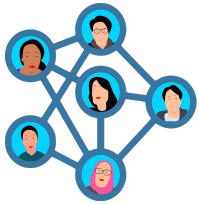
Check in with each other often

Use the breakout rooms to create small learning or study groups - even for multi-level & subject groupings..

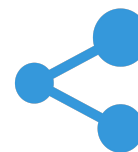
Incorporate movement & brain breaks into your lessons

Incorporate opportunities for students to talk with you and their peers about their learning

Plan for some team teaching - it is easier to manage multiple groups online if you are not alone.



CREATING CONNECTIONS



SHARING RESOURCES

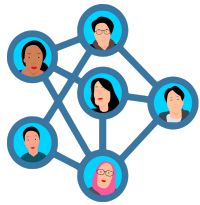
Being kind to ourselves & remembering our spheres of control



(RIGHT HERE, RIGHT NOW)

INCREASING WELLNESS

Keeping our focus on areas we can control is liberating.



CREATING CONNECTIONS



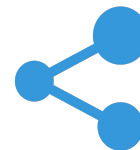
How we choose to teach & connect

Student home life

Programs

Policy

Pandemic



SHARING RESOURCES

(It is easy to blame difficult times on outside forces but that doesn't help us right here, right now.)