

# 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.

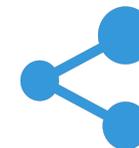
## INCREASING WELLNESS

### 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.



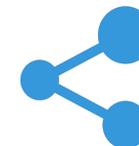
## (RIGHT HERE, RIGHT NOW) INCREASING WELLNESS

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!**

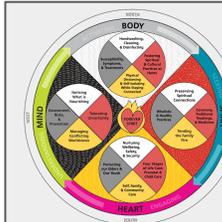
When possible, deliver tea and snacks to students to have for these weekly gatherings. **It adds to a sense of belonging & care** ❤️



## SHARING RESOURCES

Learning Together

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



Women's College Hospital Indigenous Health

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

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..

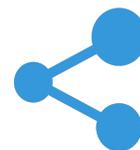
Incorporate movement & brain breaks into your lessons

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



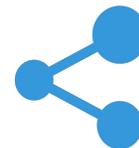
How we choose to teach & connect

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.)