

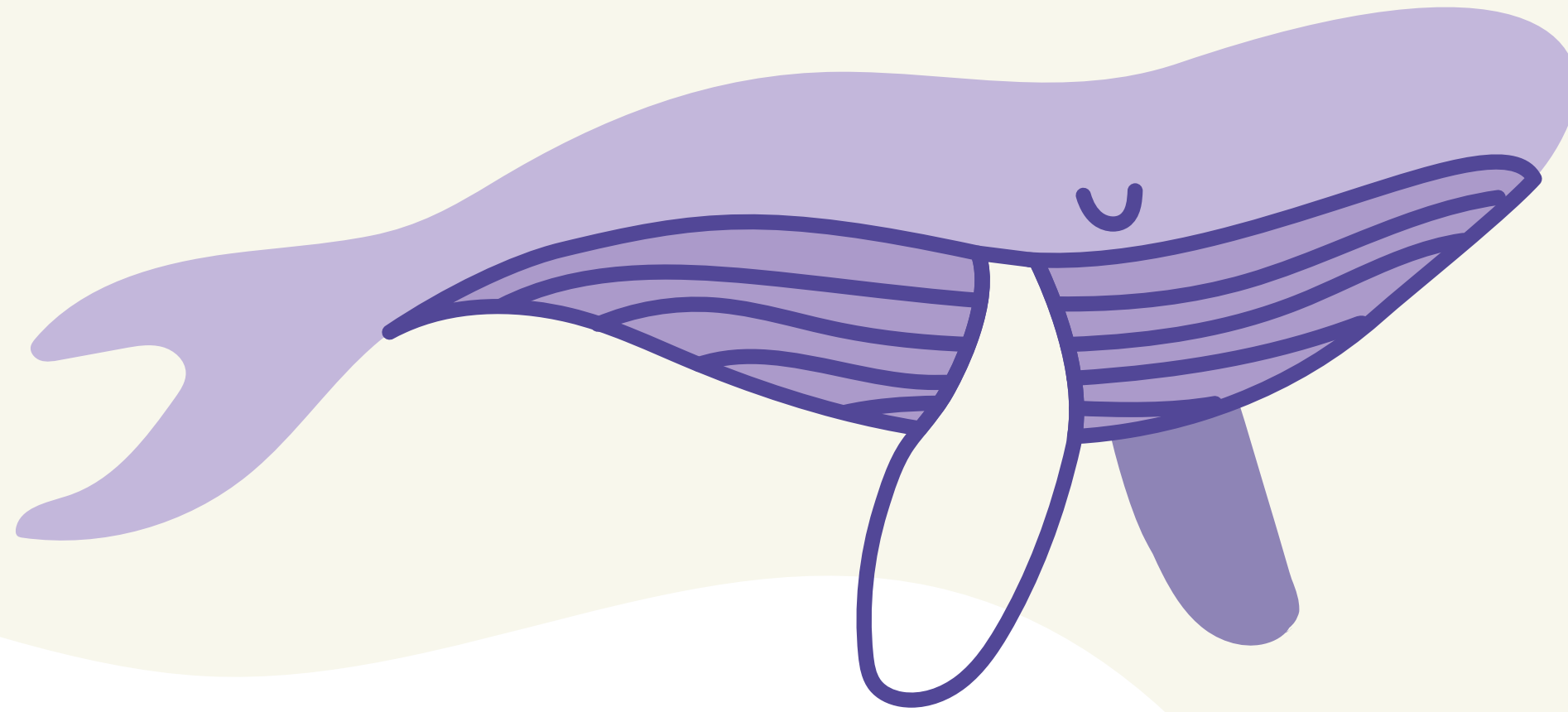
# Educator & Learner Wellbeing



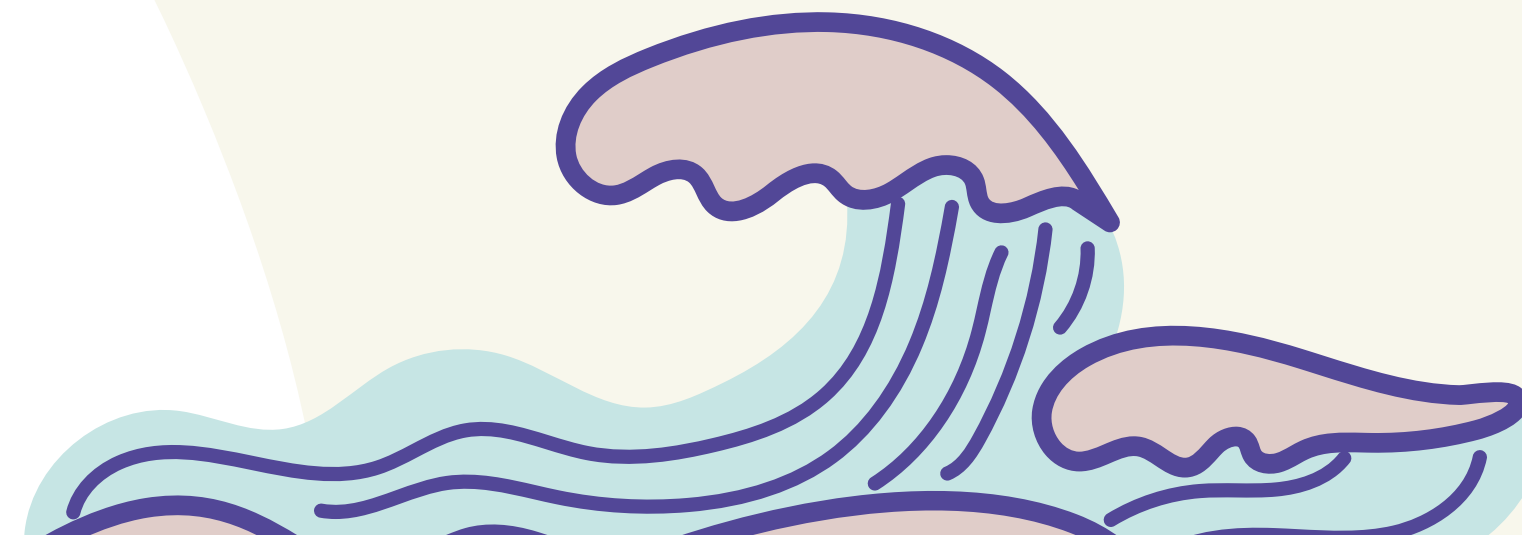
**Thriving Future in  
Education**

Chiyuki Yanase

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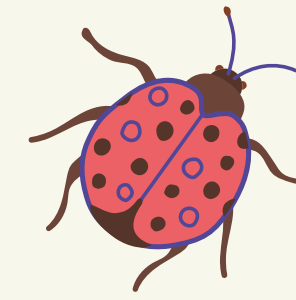


# Definition of Wellbeing

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional, and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.  
(Seligman & Csikszentmihaly, 2000)



# History of Positive Psychology & Wellbeing



01

**1950s:**

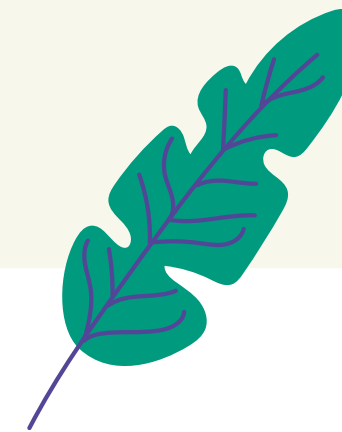
Humanistic psychologists, such as Carl Rogers and Eric Fromm, highlight individual potential, personal growth, and the innate goodness in people.



02

**Late 90s:**

Positive psychology is the scientific study of strengths, virtues, and factors that enable individuals and communities to thrive, focusing on what makes life most fulfilling and meaningful.



03

**PERMA Model**

Positive Emotions

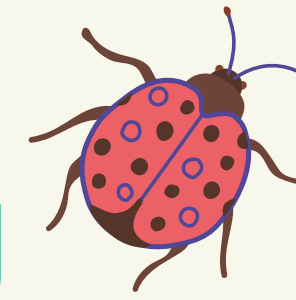
Engagement

Relationships

Meaning and purpose

Accomplishments

# Activities for Learner Wellbeing



01

## Chipmunk Project :

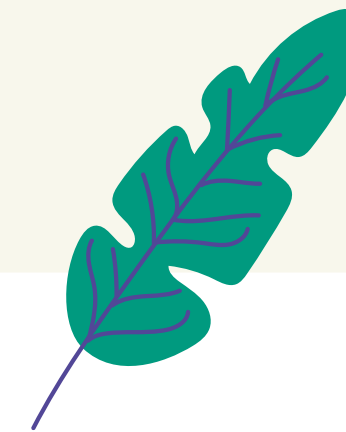
This project was designed for children aged 5 to 10 to enhance their physical and mental health through Yoga and mindful practice in 2020.



02

## Circle time :

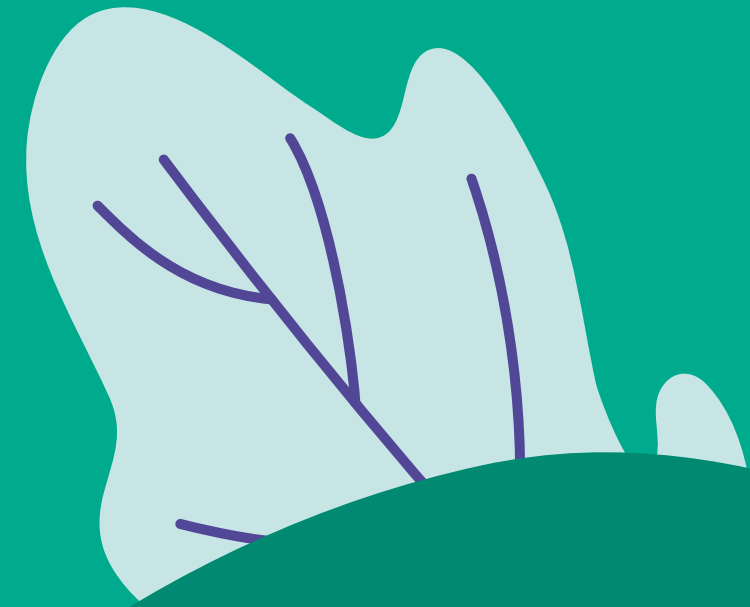
Circle Time helps children develop essential social skills such as taking turns, Listening and interacting with their peers through various fun activities



03

## 5-4-3-2-1 Grounding Practice

It is a grounding exercise designed to manage acute stress and [reduce anxiety](#). It can be utilized before presentations or tests in class or outside of the classrooms (Smith, 2018).



# Chipmunk Project



## CHIPMUNK MIND & BODY: FLOURISHING CHILDREN'S MIND & BODY



- Step 1: Be Curious**
  - What is yoga?
  - How does yoga work?
  - Why do I teach yoga to children?
- Step 2: Be Creative**
  - Where can I explore?
  - Where can I practice yoga?
  - How can I practice yoga?
- Step 3: Be Clear**
  - What are your favorite poses?
  - What is the core pose to introduce?
  - What are appropriate poses for children's age?
- Step 4: Be Confident**
  - How can I be confident in teaching yoga to children?
  - How can I improve my practice?
  - How can I share yoga with children successfully?

- Our Mission**

We would like to provide a safe and pleasant learning space for children to develop healthy body and mind to be the best of themselves at their own pace.
- Our Approach**

We provide an age appropriate, pleasurable, and inspiring program where children develop resilience and strength through mindful practice including yoga.
- Our Program**

We have an unique trunk program with three branches:  
1. Meditation  
2. Team Building Practice  
3. Yoga  
Children develop positive and growth mindset through the practices above in each class.
- Monthly Theme**

We utilize a storytelling technique to nurture children's body and mind. Children develop language ability, body, mind, and spirit through short stories.





## 2020 Chipmunk M&B Demo Lesson Plan

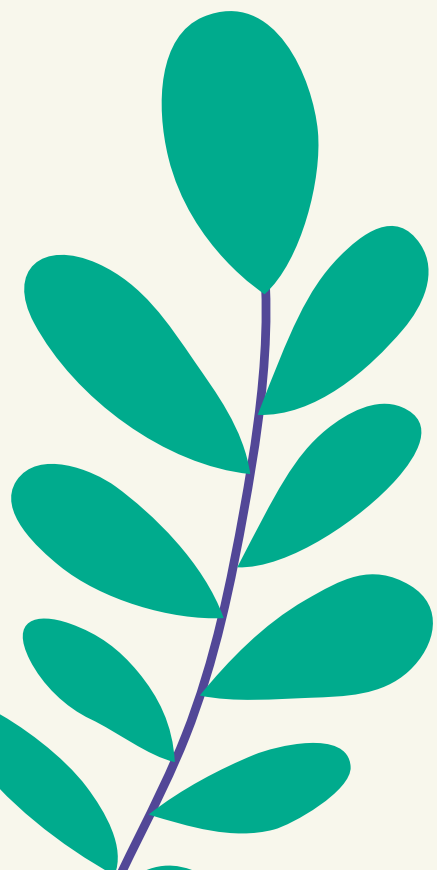
Objective: To introduce the overall of the program

Theme: Nature and Animals in Spring

Time: 20 min. to 30 min. (For younger children, do less poses)

Age: From 4 to 9 (Children younger than 8 need to be with their mums.)

Level: Beginner



## Storytelling



# Circle Time



## ROLL THE DICE LET'S GET MOVING!

-  RUN IN PLACE
-  TOUCH YOUR TOES
-  FROG JUMPS
-  ARM CIRCLES
-  JUMPING JACKS
-  DANCE PARTY!



# 5-4-3-2-1 Grounding Practice

## The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things  
that you can see  
around you.



Acknowledge **4** things  
that you can touch  
around you.



Acknowledge **3** things  
that you can hear  
around you.



Acknowledge **2** things  
that you can smell  
around you.



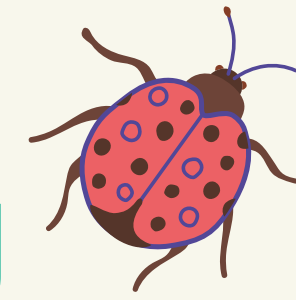
Acknowledge **1** thing  
that you can taste  
around you.

#DeStressMonday

DeStressMonday.org

DESTRESS  
MONDAY

# Activities for Learner Wellbeing



04

## WOOP :

WOOP is a science-based mental strategy that people can use to find and fulfil their wishes, set preferences, and change their habits (Oettingen, n.d).



05

## Nature Walk:

Nature walk is an outdoor activity designed to help children to explore and engage their natural surroundings. It encourages their curiosity and their sensory development.



06

## Your ideas:

# WOOP Your Uni Life

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## KEIO Plogging Project

Run Together !!!

When: Morning and night during the exam period

Participant: All Keio students

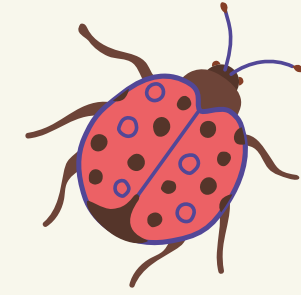
Cost: Free !!!

You can get a new community !!

Check the instagram account @keio\_runningproject

W: Having KEIO Plogging Project  
O: Make student healthy & make campus clean  
D: it is hard to realize a project that continuously attracts people.  
P: Free, before the exam period, use instagram

# Activities for Educator Wellbeing



01

## Reflective Activity:

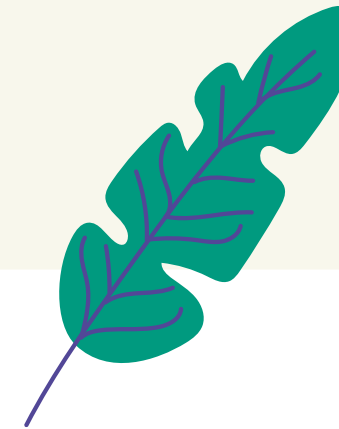
List successful projects or activities can be effective in reaffirming the rewards of teaching (Mercer & Gregersen, 2020)



02

## Gratitude Journal:

Keep a journal to include positive aspects of your day or things to appreciate. It could also be used to focus on the positive sides of not only your occupation but also your private life.

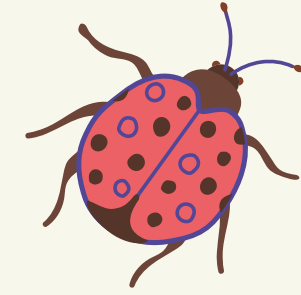


03

## Visualization :

Visualization is a technique that takes that idea one step further. In imagining the future state in full sensory detail, your brain's neuroimagery records the future state as if it's true today. (Swart, 2019)

# Activities for Educator Wellbeing



04

## Exercise:

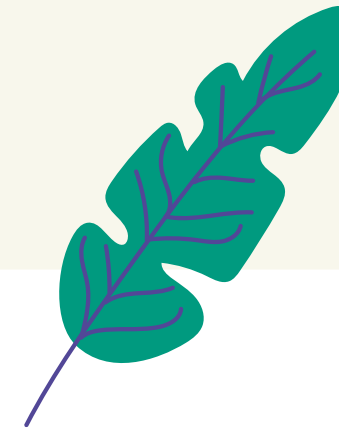
Physical activities have a significant positive impact on your physical and mental health, including boosting your immune system, enhancing sleeping quality, promoting neuroplasticity,



05

## Morning Meditation:

Morning meditation helps reduce stress and increase mental clarity, setting a calm and focused tone for the day. It also boosts emotional balance, energy, and mindfulness, improving overall well-being and decision-making.



06

## Your ideas :

# Vision Board



# Conclusions



Wellbeing is not just a buzzword. By understanding the significance of wellbeing, acknowledging the impact of mindful and reflective practices, and taking concrete actions to create a more humanistic education, we can build a brighter future for all.

Wellbeing Project:

<https://youtu.be/pX-nlYg0oq8?si=Sa98ZV5v1j3BiCbY>





**Thanks**  
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