

Well-being

Well-being is a basis of mental and emotional health as well as sustainable learning.

Please take some time to think about what well-being means to you, and what you are doing in your classes to promote the well-being of your learners.

1) How much do the following statements apply to you? Mark the most appropriate answer per statement.

1. In my classes, I consciously incorporate exercises and methods that enhance the well-being of the class.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

2. I have a support network in which I can share the challenges and problems that I face daily in my classes.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

3. I pay attention to the class's receptiveness and mood.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

4. I apply appropriate relaxation exercises or methods to increase learners' ability to concentrate.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

5. Even in stressful times, I pay attention to my physical and mental health.

I totally agree I rather agree I partly agree I rather disagree I totally disagree

6. When I'm stressed, I have a repertoire of different coping strategies and apply them according to the situation.

I totally agree I rather agree I partly agree I rather disagree I totally disagree



2) Insert the corresponding points in the column to the right of the statements and calculate the sum in the last line (total).

4 points I totally agree	3 points I rather agree	2 points I partly agree	1 point I rather disagree	0 points I totally disagree
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Statement	points
1. In my classes, I consciously incorporate exercises and methods that enhance the well-being of the class.	
2. I have a support network in which I can share the challenges and problems that I face daily in my classes.	
3. I pay attention to the class's receptiveness and mood.	
4. I apply appropriate relaxation exercises or methods to increase learners' ability to concentrate.	
5. Even in stressful times, I pay attention to my physical and mental health.	
6. When I'm stressed, I have a repertoire of different coping strategies and apply them according to the situation.	
Total	<u> </u>

3) This is our feedback to your answers:

0 - 9 points: You are a starter!

Take one more look at your answers. What could you do as a first step to promote the well-being of your students?

Get inspired by the variety of methods on our database. You can use the search engine to specifically search for methods promoting well-being by selecting them in the "Learning fields" category.

10 - 19 points: You are well on your way to becoming a Best Performer!

Does this evaluation match with your self-assessment? Take one more look at your answers. Which areas are you already satisfied with and which areas you would like to expand?

Get inspired by the variety of methods on our database. You can use the search engine to specifically search for methods promoting well-being by selecting them in the "Learning fields" category.

Talk to colleagues and share your experiences or meet colleagues and best performers in other countries online in our online community!

20 - 24 points: Congratulation! You are highly advanced!

Apparently, you have dealt extensively with the topic and collected many valuable experience. Do you want to share this experience with other interested teachers and school leaders? Visit our Best-Performers online community and share your experience with other Best Performers!