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RECOMMENDED RUN OF SHOW

| **PROGRAM ELEMENT** | **TIME** |
| --- | --- |
| **Event Kick-Off**  *Opening*  The teacher will introduce and welcome the Event Lead.  *Introductions*  Introduce yourself to the group. Use these starter questions to help the students get to know you a bit more.   * How did you get started in your career? * What makes you the happiest about your job? * Share a personal anecdote - (i.e. Why do you think mental wellness education is important? or What is your favorite coping strategy to incorporate during a stressful day? * Tell us a bit about your day-to-day responsibilities at your job. | 10 minutes |
| *Warm-Up Questions*  Break the ice! Hear from the student ambassador(s), ask them a few of the discussion guide questions to get them thinking.   * What was your favorite part of the *Understanding Mental Wellness* course? * Why do you think it is important to be learning about mental wellness at your age? * Name one thing you learned in the course that you are going to implement into your daily life? | 10 minutes |
| **Main Program***(Volunteer Moderated)*  *Activity*  Connecting with students through a virtual activity is a meaningful way to extend their learning experience. The volunteer(s) will guide students through a short activity to help bring the *Understanding Mental Wellness* course to life.  *Student Q&A*  Leave time for students to ask questions! | 20-25 minutes |
| **Concluding Remarks/Farewell**  Be sure to thank the students and teachers for participating in the event. | 1 minute |

CREATING A SAFE SPACE

Before we get started, we want to establish some expectations for the space that we will share today. First, we want to ask that each of you be respectful of one another, and treat one another with kindness. We also ask that what is said in this space stays in this space-- we want to create dialogue where everyone feels comfortable sharing.

Finally, while we are hoping to keep the conversation as positive as possible, we do know that mental health is something that is deeply personal for many of us, and some of what we talk about may bring up a variety of emotions for you. We encourage you to do what you need to do to protect your own mental health during this event-- don’t speak up if you don’t feel comfortable doing so, take space if you need it.

[*If teacher confirms this is applicable*] We also have staff on hand that you can speak with during or after the event should you need to.

ACTIVITY

**Wellness Wheel**

The Wellness Wheel is an activity that prompts students to assess areas of their life and rate each category's satisfaction level. The point is for students to take a moment and reflect on different components of their life and realize areas that need improvement and areas that are bringing them joy.

**Here’s how it works:**

**Pre-Event**

1. Share the worksheet with the teacher when sending the run of show
2. Ask for students to complete the worksheet prior to the event
   1. It is not required but will enhance the conversation and overall event experience!
3. Ask for all of the event volunteers to complete their own wellness wheel
4. Pre-load poll questions into event platform (ie: zoom) prior to the event

**Event**

1. Launch a poll to see students level of satisfaction for each area
2. Give students 15 seconds or so to respond to the poll
3. Close the poll
4. Share the results with the students
5. Expand on why that category is important and how students could increase their satisfaction within that category. We recommend that each volunteer chooses a section of the wellness wheel to speak about, in order to ensure participation from all volunteers.

**Polling**

Polling is a great way to get student feedback while giving the students the space to submit anonymous answers. Launch the poll using the below questions to get feedback on how the students responded to the wellness wheel. We encourage volunteers to expand upon each category by either asking a student to expand on their level of satisfaction or by providing a tip on how students can increase their satisfaction within that category.

We recommend testing the poll before the event to ensure that it is set up properly.

Poll Questions:

1. How important is physical health in your life?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Discuss with students why it is important to maintain a healthy exercise routine. Can be done through joining a sport at their school, going for a walk when they get home from school, yoga, etc.*

1. How important is mental health in your life?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Discuss what mental health is and different ways that it can be affected. Share with the students some tips to support one's mental health - meditation, physical activity, being a part of an organization, etc.*

1. How important are relationships to you?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Share with the students why having stable relationships in one’s life is important. This can be through friendships, family, romantic, etc.*

1. How satisfied are you with your financial situation?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Recommend discussing the importance of budgeting and saving for the future as some students might not be as in tune with their personal/family financial situation*

1. How satisfied are you with the recreational activities you participated in?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Similar to physical health, discuss why it is important to be involved in organization that involves others. Could be an art class or something else where you have interest*

1. Do you prioritize spirituality in your life?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Spirituality is another great way to support your mental health. If this is something you are interested in, we recommend talking to your family and researching different options.*

1. You might not have to think about a career right now in a traditional sense, but school is your career right now - how satisfied are you with your performance at school?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*How can you increase your performance at school?*

1. How satisfied are you with your home life?
   1. 1
   2. 2
   3. 3
   4. 4
   5. 5
   6. 6
   7. 7
   8. 8
   9. 9
   10. 10

*Do you all feel safe and comfortable at home? Are you able to express your feelings and true self?*