Wellbeing Wonderland

Teacher note:

Direct syllabus links:

Outcomes
P1.2 proposes effective solutions to resource problems
P6.1 distinguishes those actions that enhance wellbeing.

Module 1: Resource Management

<table>
<thead>
<tr>
<th>Students learn about:</th>
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<td>fundamental concepts of resource management</td>
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<td>wellbeing</td>
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<td>• analyse the relationship between the factors and</td>
<td>explain how they can impact on wellbeing</td>
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Related syllabus links:

Preliminary Module 1: Resource Management
Fundamental concepts of resource management: wellbeing - defining wellbeing
Needs and wants: Satisfaction of needs and wants- enhancing wellbeing

Preliminary Module 2: Individuals and Groups
Conflict within groups: causes of conflict – analysing the extent of the impact on wellbeing
Conflict resolution- propose reasons why conflict resolution has different outcomes for various groups and determine the impact on group wellbeing

Preliminary Module 3: Families and Communities
Families: roles individuals adopt within families- promoting wellbeing
Communities: roles individuals adopt within communities - promoting wellbeing

LINKED HSC Content:
HSC Module: Groups in Context
Creating positive social environments: positive influences on community attitudes- explore ONE example of what each group has done to try to improve community attitudes, and assess the impact this has had on the wellbeing of the group

HSC Module: Parenting and Caring
Becoming a parent or carer: preparations for becoming a parent or carer- examine a range of parenting and caring situations and assess the impact preparations can have on the wellbeing of the dependant
Factors affecting the roles of parents and carers: influences on parents and carers- explore one example of how a parent or carer may challenge social influences and assess the impact this can have on their wellbeing. Rights and responsibilities in parenting and caring- analyse the impact of legal rights on the wellbeing of parents, carers and dependents
Support for parents and carers: types of support- explain how different types of support can assist parents and carers.
Types of services provided through formal support- assess the impact accessing formal support services can have on the wellbeing of young carers, aged carers, first-time parents, working parents
Activity description:

1. Teacher distributes butchers paper or human body cut out

2. Students lay on the butcher’s paper while a partner traces a life size version onto the paper OR use Human Body Cut Out

3. Individually, students assign the six factors affecting wellbeing to certain body parts. This may assist them to make connections to the factors later on. For example,
   - emotional: heart (symbol used for emotions)
   - economic: hands (remembered by dealing with money, handing out money)
   - cultural: arms (embracing culture, open arms, acceptance)
   - physical: legs (movement)
   - spiritual: heads (connect mind, body, soul)
   - social: mouth (talking, communicating)

4. Teacher takes students through a guided meditation where they outline the six factors affecting wellbeing

5. During the meditation, students write examples from their own life relating to each factor affecting wellbeing on the assigned body parts

6. After the meditation, students make connections between the factors by using arrows, symbols and words to analyse the relationship between them

7. Students then draw a circle around the body to symbolise the interconnectedness of each aspect and wellbeing. Discuss as a class

8. Students then transfer the connections into the table provided

9. Complete student questions and exam preparation question
Teacher facilitation questions
After the guided meditation use the following discussion questions:

1. How did the guided meditation make you feel emotionally, physically and spiritually?
2. How can you use something like meditation in your own life?
3. What factors affecting wellbeing were difficult to outline?
4. Did you find it easy or hard to provide examples of each factor?
5. Reflect on your overall wellbeing, what can be done to improve it
Student questions

Students complete the following questions in their books or on a shared document after completing the i.e. Google docs or class Wiki.

1. How do you define wellbeing?
2. Compare and contrast this definition with a partner
3. In pairs, develop a new term to describe the opposite of wellbeing. Share with the class
4. Discuss with the class why individuals and groups have different understandings of wellbeing
5. Were each of your factors affecting wellbeing balanced or was one area more prominent than other factors?
6. Fill in the table below identifying the connections/links/relationship between the factors

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<thead>
<tr>
<th>Factors affecting wellbeing</th>
<th>Emotional</th>
<th>Economic</th>
<th>Cultural</th>
<th>Physical</th>
<th>Spiritual</th>
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6. Explain how each factor affects overall wellbeing
7. Complete the practice exam question:
   Analyse the relationship between the factors and explain how they can impact on wellbeing
Practice exam question

Analyse the relationship between the factors and explain how they can impact on wellbeing.

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Resources – Human Body Cut Out
Resources – Guided Meditation

Take a moment to make sure that you are warm enough, and that you are seated comfortably.

Take a long slow, deep breath in. Hold it for a moment, and then slowly exhale.

Just allow any tension to melt away as you gradually relax more and more deeply with each breath.

Take another long slow, deep breath in. Hold it, and then exhale. Empty your lungs completely with your out-breath.

Take a third deep breathe in. Take your time. Hold it for a moment, and then let it go.

Already you are beginning to drift into a state of deep relaxation.

Continue to breathe slowly and gently.

Relax.

Now bring your awareness to the top of your head.

Sense or imagine a feeling of relaxation beginning to spread down from the top of your scalp....

Let the muscles in your forehead and temples relax.

Allow your eyes to relax.

Let your cheeks, mouth and jaw soften and let go of all tension.

Now this peaceful feeling flows down your neck and deep into the muscles in your shoulders…soothing them…releasing them.

Breathe.

Allow this peaceful feeling to flow through your arms and hands. Relaxing and soothing...all the way to the tips of your fingers.

As your body relaxes, your mind relaxes. Your thoughts become weightless, like wisps of clouds on the breeze.

Now the peaceful sensation flows through your chest and your stomach. Feel how this area gently rises and falls as you breathe...slowly and deeply. Soothing and relaxing.

Turn your attention to your back, and feel this relaxing sensation flow all the way down your spine.

Now the peaceful feeling flows through your lower body.

Relax your buttocks...the back of your thighs...the front of your thighs. Feel all these large, strong muscles becoming loose and relaxed.

Soothing feelings flow down through your knees, and into your calves.

Your ankles relax. Now your feet relax.

Your entire body is soft, calm and relaxed.

Now it’s time to leave the external world behind, and go on an inner journey. A journey to a place of deep connection with all areas of your wellbeing.

Adapted from- (http://www.the-guided-meditation-site.com/guided-meditation-script-inner-stillness.html)