

Instructions:

1. Identify the targeted behavioral indicator to invest in by month. (You may use counselor, school, or needs assessment data to drive these selections.)
2. Use the Studies Weekly **Well-Being Scope and Sequence** document to align weekly content to support your targeted behavioral indicators.

Opportunity Driven Instructional Time

Dedicated Instructional Time



Which days do you plan to invest in teaching Well-Being to your students?

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How many minutes would you like to invest during each session of instruction?

_____ min

	Behavioral Indicators	SW Well-Being Curriculum Weeks
Aug		
Sep		
Oct		
Nov		
Dec		
Jan		
Feb		
Mar		
Apr		
May		

Well-Being Instructional Plan Example

Opportunity Driven Instructional Time

Dedicated Instructional Time



Which days do you plan to invest in teaching Well-Being to your students?



How many minutes would you like to invest during each session of instruction?

15-30 min

	Behavioral Indicators	SW Well-Being Curriculum Weeks
Aug	Wellness	1 - What is Well-Being?
Sep	Wisdom	19 - Taking Care of Myself 20 - Mindfulness 22 - Physical Activity and the Brain
Oct	Respect	9 - Building Social Skills 10 - Learning to Collaborate 11 - Resolving Conflict 12 - Communication Skills 31 - Demonstrating Respect
Nov	Gratitude	2 - Identifying and Demonstrating Emotions 3 - Demonstrating Empathy 28 - Choose Your Attitude
Dec	Self-Control	13 - Decision-Making 14 - Critical Thinking 15 - Being Assertive 16 - Stress Management 21 - The Brain and Addiction
Jan	Perseverance	3 - Demonstrating Empathy 24 - Developing Coping Strategy 4 - Finding Resilience
Feb	Courage	31 - Demonstrating Respect 3 - Demonstrating Empathy 4 - Finding Resilience 6 - Responding to Change 7 - Overcoming Fear 8 - Asking for Help
Mar	Encouragement	3 - Demonstrating Empathy 17 - Getting Past Anxiety 24 - Developing Coping Strategies 25 - Confidence 32 - What Motivates You?
Apr	Compassion	18 - Grief and Dealing With Loss 2 - Identifying and Demonstrating Emotions 31 - Demonstrating Respect
May	Integrity	23 - Being a Good Citizen 30 - Digital Citizenship 27 - Building Dependability

Well-Being Instructional Plan Example

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*Use needs assessment data to decide topics for instructional focus

Well-Being Instructional Plan Example



Opportunity Driven Instructional Time

Dedicated Instructional Time



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How many minutes would you like to invest during each session of instruction?

10-15 min

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