

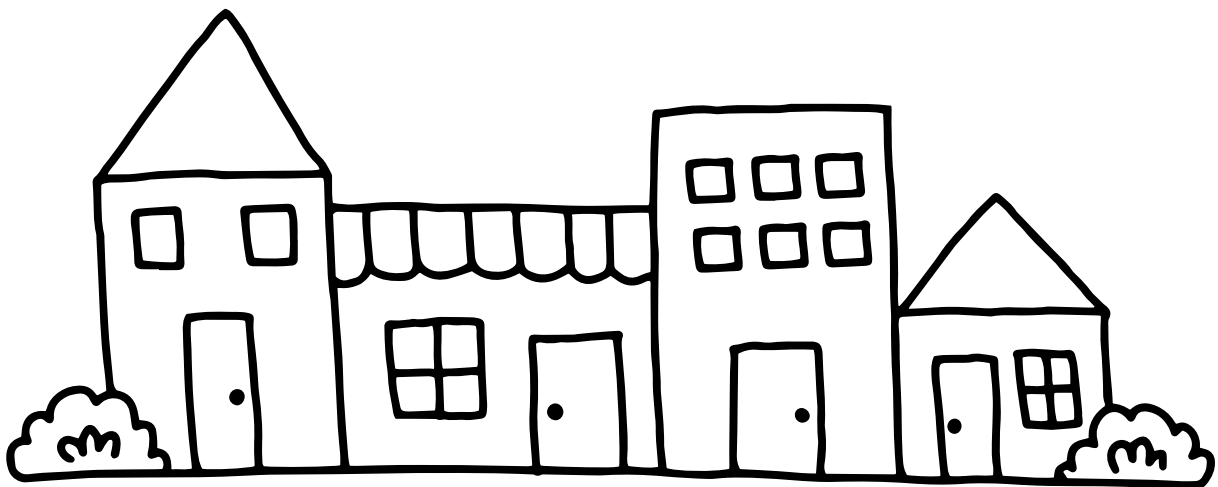
Attending to our Students' Well-being

Before discussion

1. Imagine you have to stay at home for a two-week quarantine period. You have enough food for two weeks but you can only eat the food on the menus provided—the same food every day!

In groups, look at the five menus and choose a house to spend quarantine in. Explain your choice to the class and how your choice might affect your physical and mental well-being.

Your Quarantine House



house 1	house 2	house 3	house 4	house 5
fried chicken	sweet and sour chicken	beef stew	kale	tacos
fried fish	stir fried vegetables	bean casserole	green salad	burritos
hamburgers	steamed prawns	baguette	tomato soup	chili con carne
hot dogs	noodle soup	quiche	lentil burgers	rice and beans
french fries	fried rice	chocolate mousse	fruit salad	corn chips with salsa and guacamole

Discussion tasks

2. Read the story of Javi who is staying in his house for a two-week quarantine period during a global pandemic.

Ever since the start of the pandemic, Javi has had problems looking after his physical and mental well-being. He finds it difficult to sleep at night. He stays awake worrying about his parents and all the crazy things happening in the world. He's waking up at 11am every day and spending most of his day in front of the TV in his pajamas.

In pairs, rank Javi's difficulties. Write the letter of each difficulty in order from the one which has the smallest impact on his well-being to the one which has the biggest impact.

- a. not sleeping properly
- b. worrying excessively
- c. waking up late
- d. watching TV most of the day
- e. staying in pyjamas most of the day

1 Smallest impact	2	3	4	5 Biggest impact
_____	_____	_____	_____	_____

3. With your partner, discuss ways that Javi could improve his physical and mental well-being.

4. In groups, look at this list of ways to maintain your physical and mental well-being. Answer and discuss the following questions:

- a. How many of these things have you done today?
- b. How many do you do daily?
- c. How could each activity help your well-being?
 - do some exercise
 - have a bath/shower
 - do something creative
 - eat some fruit and some vegetables
 - have a social conversation with someone outside my house
 - do something for someone else
 - learn something new
 - clean or tidy up something/a space
 - meditate and relax
 - take notice of a sound or the texture or the taste of something

Useful language for discussion	
Agreeing with someone	Disagreeing with someone
I agree.	I don't agree.
I totally agree!	Absolutely not!
I couldn't agree more!	I totally disagree!
I see exactly what you mean!	That's not right!
You're right. That's a good point.	I'm not sure about that.

After discussion

5. In groups, choose one of the following and write your own top ten list. Present your list to the class and reflect on your choices.

- Top ten things I'm thankful for
- Top ten acts of kindness I can do for others
- Top ten things I can do to help my physical well-being
- Top ten things I can do to help my mental well-being
- Top ten ways to connect with others
- Top ten ways of learning new things while staying at home