



GRADE 10

Wellness

SD23 Central Okanagan

In this supportive student-centered environment, students work to address their own social-emotional obstacles. Instruction focuses on teaching skills & strategies, which further develop students' ability to become more Independent School in using healthy coping skills. Students are encouraged to evaluate & reflect upon the strategies used as they continue to build a bank of tools intentionally chosen to support their Independent School functioning. Students are encouraged to take risks, (cont'd in add'l info)

Credits: 4

Approval Date: Feb 2022

Hours: 120

Trax Code: YEDOC

GOALS AND RATIONALE

This course has been developed to provide instruction in effective Independent School self-regulation & strategic learning for students with internalized behaviors. The course aims to have students practice & reflect, with support, on the skills they have learned & continue to incorporate the strategies into their daily routines.

BIG IDEAS

Developing self-awareness & a deeper understanding of one's own identity promotes growth. Social & emotional awareness is essential in developing positive coping strategies. Having a holistic approach to wellness aids in managing stress & anxiety in adaptable ways. Having a Growth Mindset helps build resilience. Effective interpersonal communication skills are essential for advocating for one's own needs.

ADDITIONAL INFORMATION

continued from Course Synopsis: face challenges, and push themselves out of their comfort zones. Educators can customize the course to meet the needs of the class.