



**GRADE 11**

## Wellness 11

### SD23 Central Okanagan

In this supportive student-centered environment, students continue to work to address their own social-emotional obstacles. Instruction focuses on reinforcing skills & strategies, which continue to 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. (cont'd in additional information)

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**Credits:** 4

**Approval Date:** Jun 2022

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**Hours:** 120

**Trax Code:** YED

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### GOALS AND RATIONALE

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

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## BIG IDEAS

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

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## ADDITIONAL INFORMATION

Students are encouraged to take risks, face challenges, and push themselves out of their comfort zones, in a safe and collaborative environment. Educators can customize the course to meet the needs of the class.