



**GRADE 12**

## Wellness 12

### SD23 Central Okanagan

This course has been developed to provide instruction in effective Independent School self-regulation & strategic learning for students with internalized behaviours. Instruction focuses on teaching skills & strategies, which would further develop students' ability to become more Independent School in developing & using healthy coping skills. Students are encouraged to evaluate & reflect upon the strategies used as they continue to build a bank of (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

Wellness 12 has been developed to empower students displaying internalizing behaviours to practice & reflect on the skills they have learned & incorporate Independent Schoolly into their daily routines. The goal is for students to practice, reflect, & refine a variety of self-regulation skills to incorporate into their daily lives throughout the school year & as they transition into adulthood.

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## BIG IDEAS

Applying & maintaining self-awareness & a deeper understanding of one's own identity promotes growth. Social & emotional awareness is essential in using positive coping strategies. Having a balanced approach to wellness aids in managing stress & anxiety in adaptable ways. Applying & using a Growth mindset builds adaptive skills. Effective interpersonal communication skills are essential for demonstrating social responsibility.

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## ADDITIONAL INFORMATION

coping skills intentionally chosen to support their Independent School functioning. They are encouraged to take risks, face challenges, and push themselves out of their comfort zone. In this supportive student-centered environment, students work to address their own social-emotional obstacles. Educators can customize the course to meet the needs of the class.