

Ways to Wellbeing: Teacher Guide



What is the project about?

Ways to Wellbeing is a Walk in My Shoes (WIMS), school mental health project that aims to support students in learning about wellbeing by engaging with older people in their communities. This project is an opportunity to bring communities together and through heart warming conversations, generations can build connections whilst learning from each other.

How can your students learn about mental health and wellbeing from the elderly community in your area?

The older adults in your community have a wealth of knowledge, learned from a lifetime of experiences. Many of the elderly in your community will be happy to share what they have learned about wellbeing through their experiences, and your students could also teach them what they know about minding their mental health.

The steps to take to complete the project, have been listed in the 'Student's Steps' guide. However here is a more detailed explanation for teachers.

Step 1: Planning and researching projects

- Choose how you and your students are going to present the projects – as a podcast/written story/photo project or video.
- Decide who your students are going to interview (students can interview more than one older person).

Step 2: Creating the projects and learning from the elderly community.

- You can assist your students to set up a date and time to talk to the person/people they are going to interview.
- Students should have their questions ready and everything they need to record the interview.
- The more questions they have, the more information they will have to create their project. We have provided a sample set of questions at the end of this document that you may find useful.
- Using the format you and your students have chosen, ask your students to put their information together to form their projects.

Step 3: Uploading the project to the WIMS School Portal.

- After all your hard work is done, we'd love to see your student's projects. By uploading your project to the WIMS School Portal, other teachers and school staff can also see your creative projects.
- If you are not already registered to use the School Portal, you'll need to set up an account. It's easy, just log on to walkinmyshoes.ie/find-resource-portal and follow the sign-up steps.

Please note, each project will need to be submitted individually. If you are uploading a written project, please ensure that the text on the document you upload is legible.

When the projects have been uploaded to the School Portal, then you are done!!

Helpful suggestion: Why not have your students do the project in groups of four-five? Students can also take part by doing the project individually.

Formats and permissions:

Podcast:

We have pre-recorded a video guide for podcast creation. The video includes helpful tips and suggestions on how to create a podcast.

Video:

We have also pre-recorded a video guide for video creation. Tips and suggestions can be found in this video to help students create a video project.

Photo project or written story:

There is no right or wrong way when students are creating a photo or written project; anything goes! This is wide open to anything; from a nice quote from the elderly person, a drawing that illustrates the student's experience of this project to a written story (max 500 words).

Replace sentence with: Release forms must be signed by all interviewees and those who appear in photographs if you are publishing the projects and uploading them to the School Portal. If you require release forms contact the Walk in My Shoes team on info@walkinmyshoes.ie.

Helpful suggestion: If your students are including photographs of their interviewees, we'd love to see 'then and now' photographs.



Example questions for your interviewee:

A sample of questions that students can ask their interviewee. (This is just a guide. Students can choose their own questions or a combination of both).

- What tips do you have for keeping your mind healthy?
- What life lesson have you learned that has made a positive difference to your life?
- How do you stay positive in difficult times?
- If your day isn't going well, what do you do to try to make your day better?
- How can you build resilience?
- What makes you happy?
- What hobbies/activities do you find are of benefit to your wellbeing?
- What was the kindest thing someone has done for you that made you smile?
- What have you learned that is most important in your life?
- What is your favourite saying or phrase?
- Do you think a good night's sleep is important for good mental health?
- What did your parents teach you about wellbeing?
- Was mental health and wellbeing spoken about in your house when you were younger?
- In your opinion, why do you think mental health and wellbeing is spoken about a lot more these days?



FAQs - Questions your students may ask

• How long should my project be?

The project can be as long or short as you like. When you have chosen how you will present your project - as a video, podcast, written story (written stories are max 500 words) or photo project - you can then decide on the length of your project, keeping in mind how long it takes you to capture what you have learned from the elderly member/s of your community.

• How many projects can we do?

Each student can do one project as part of a group or as an individual.

• How many projects can we do as a group?

There is no limit to group sizes, however to distribute the work fairly among everyone try to limit your group sizes to four-five students.

• Can we take part individually?

Yes, you can do the project as an individual.

• Can I use video footage and photographs in my project?

Yes of course. Release forms must be signed by everyone who appears in the project. If you need release forms, just ask your teacher to contact Walk in My Shoes

• What is the WIMS School Portal?

The WIMS School Portal is a private online platform that enables schools to highlight and share what they are doing in their schools, classrooms and communities to promote mental health and wellbeing. On completion of your project, your teacher will upload your project to the portal. Only teachers and school staff can access the portal.

• What classes/ years is this project suitable for?

All primary and secondary school students can get involved with this project. For the junior Primary school classes, the teacher/parents will need to help with organising the interviews and recording if the students choose to do their project as a video/podcast.

We hope that teachers, students and all interviewees enjoy taking part in 'Ways to Wellbeing'.

