

Wellbeing Education



Whole-school wellbeing education incorporates practices from various fields, drawing on findings from disciplines such as social and emotional learning (SEL), positive psychology, and positive education. Research shows that explicitly teaching social and emotional skills using evidence-based methods throughout the curriculum, covering areas like personal safety, resilience, help-seeking behaviour, and protective factors, is crucial for improving students' health, wellbeing, and academic achievements.

Impact

Research has linked students' social and emotional learning to various positive outcomes, including enhanced social and emotional skills, reduced mental health issues like anxiety and depression, increased life satisfaction and sense of belonging to school, improved academic performance, enhanced resilience and positive emotions, better relationships with peer, decreased behaviour problems and fewer school issues related to bullying, violence, and substance use. Furthermore, social and emotional learning impacts the overall school environment and teachers' experiences. Studies indicate that teachers report lower stress levels, higher job satisfaction, and improved behaviour and relationships with students.

Practices

- Educating staff, students, and families on the fundamental concepts and skills required to promote wellbeing and mental health.
- A three-tiered approach to whole-school wellbeing delivery serves as a valuable framework for enhancing wellbeing through the audit, assessment, review, and development of key elements in both current and future wellbeing programs. This structured approach is equally applicable to measuring the wellbeing of all community members, with a special emphasis on educators who play a central role in driving and implementing these policies and practices (Runions & Cross, 2022).
- A planned approach to SEL goals at each stage. Practices are evidence-informed and protective, enhancing the health, wellbeing and academic success of students.

Resources

[Learning Resilience \(Be You\)](#) provides three online learning modules that have been developed to support educators in building their understanding of social and emotional learning (SEL) and its link to mental health and wellbeing. The modules also discuss strategies for building a nurturing environment that encourages independence and accountability.

[Indicators of Schoolwide SEL \(CASEL Guide to Schoolwide Wellbeing\)](#), summarises ten key indicators of successful social and emotional learning (SEL). It unpacks the systematic implementation of SEL for best outcomes and includes downloadable tools to support educators.

[Three Signature Practices to Support Systemic Social and Emotional Learning](#) (CASEL, 2019), includes practical social and emotional learning (SEL) activities, practices and strategies for classroom implementation.

[Rethinking Learning: A Review of Social and Emotional Learning for Education Systems](#), provides a concise review of the latest research on social and emotional learning (SEL) and its influence on student health, school climate, and classroom happiness. Backed by scientific evidence, it underscores the crucial role of SEL in education, offering insights into its potential to create positive and thriving learning environments.

[Social and Emotional Learning \(Be You\)](#) includes a range of modules to support educators in understanding social and emotional learning (SEL).