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WELLHOODY FACILITATORS GUIDE FOR YOUTH EDUCATORS



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Pedagogic Guide for Wellbeing through Diversity Education in the Wellhoody Project

Introduction to the Wellhoody Project and its Educational Goals

The Wellhoody Project's Mission

The Wellhoody project is dedicated to promoting wellness and healthy lifestyles within communities, with a specific focus on young people. Our mission is to empower young individuals with the knowledge and skills necessary to lead healthier lives, while also celebrating diversity. Through community engagement and education, we aim to create a culture of wellness that is accessible and inclusive.

The Role of Education in Wellness and Diversity

Education plays a pivotal role in achieving the objectives of the Wellhoody project. By providing tailored wellness education, we empower young adults to make informed choices about their health and foster an understanding and appreciation of diversity. This guide is designed to support educators in delivering effective wellness education and promoting diversity among young learners.



Understanding Young Adult Learners in the Context of Wellbeing and Diversity Education

Characteristics of Young Adult Learners

Young adult learners are a diverse group, each with their unique experiences, needs, and preferences. It is essential to recognize that young learners are curious, technology-savvy, and bring their perspectives on diversity to the learning environment. Educators must acknowledge their backgrounds and adapt teaching approaches to engage them effectively.

Creating an Inclusive Learning Environment

To facilitate meaningful learning experiences, it's crucial to establish an inclusive and supportive environment. Young learners thrive when they feel respected, valued, and heard. Create a safe space that encourages active participation and personal growth. Recognize that young learners may have varying degrees of exposure to diversity and provide opportunities for discussion and exploration.

Participation and inclusion

Participation and the inclusion of all is a core value of WELLHOODY.

It can be supported in several ways, including by:

- ✓ considering any potential participation issues in advance, for example about gender, language or participants from a minority group
- ✓ discussing and agreeing the principle on the first day, and how everyone will support each other to fully participate. Also, thinking about the barriers together and how you to overcome them
- ✓ thinking about how the environment, room layout, online tools, materials, activities and the language you use may or may not support participation
- ✓ observing everyone's levels of participation and modelling inclusive behaviour.

Pedagogical Strategies for Wellbeing and Diversity Education

Active Learning

Engage young learners through active participation. Incorporate practical exercises, workshops, and activities related to wellbeing and diversity topics. Active learning promotes deeper understanding and application of health concepts and diversity appreciation.

Collaborative Learning

Foster a sense of community by encouraging group activities and projects. Peer support is instrumental in sustaining wellbeing practices and promoting diversity awareness. Group discussions and collaborative projects help young learners connect with one another and share their experiences.

Digital Learning and Educational Technologies

Leverage digital tools and educational technologies to provide accessible and flexible learning options. Use platforms like Learning Management Systems (LMS), weblectures, podcasts, and social media to enhance engagement, accessibility, and inclusivity in wellbeing and diversity education.

Experiential Learning

Utilize real-world experiences and community engagement opportunities to deepen understanding and application of wellbeing and diversity concepts. Field trips, cultural exchanges, and volunteer projects can provide practical exposure to diversity and promote a sense of global citizenship.

Curriculum Development for Wellbeing and Diversity Education

Selecting Relevant Topics

Design a curriculum that addresses topics relevant to community wellbeing, such as nutrition, physical activity, mental health, and preventive healthcare. Incorporate modules that explore diversity, inclusion, and cultural competence. Tailor the curriculum to meet the specific needs and interests of young learners.

Adaptability and Feedback

Develop a flexible curriculum that can adapt to the evolving needs of young learners and the dynamic nature of diversity. Establish feedback mechanisms to gather input from participants, allowing you to continuously refine and improve educational offerings.



Facilitation Techniques for Effective Learning

Creating an Engaging Learning Environment

Effective facilitation is crucial for successful wellbeing and diversity education programs. Use techniques to create an engaging and positive learning environment. Encourage open dialogue, active participation, and critical thinking.

Managing Group Dynamics

Be mindful of group dynamics within your class. Address conflicts, promote teamwork, and ensure that every voice is heard. Create a supportive atmosphere where young learners feel comfortable sharing their thoughts and experiences related to wellbeing and diversity.

Assessing Learning Outcomes

Regularly assess learning outcomes to gauge the effectiveness of your teaching methods. Use quizzes, surveys, and self-assessment tools to measure participants' understanding of wellbeing and diversity concepts. Encourage young learners to reflect on their personal growth in these areas.

Pedagogic methods

Before Wellhoody learning experience

Before the learning experience in Wellhoody sessions, we can employ various engaging strategies to activate young learners' prior knowledge and prepare them for the upcoming content:

Thought Carousel: In small groups, participants move around the room, stopping at designated "stations" for brief periods (typically 1-2 minutes). At each station, they tap into their existing knowledge of a topic or concept and share their insights with their fellow group members. Every group records their ideas at each station, allowing all participants to read and benefit from the collective knowledge exchange.

Wellhoody Pretest: To assess and activate participants' prior knowledge, consider administering a pretest focused on the upcoming content. This pretest may include one or two comprehension questions or a set of multiple-choice questions. Importantly, participants should take the test without any prior preparation, encouraging them to engage with the material from the start.

Concept Mapping: Encourage participants to create visual concept maps or schemes related to the upcoming topic. Concept mapping helps them organize their thoughts, draw connections between ideas, and identify key concepts. This activity promotes a deeper understanding of the subject matter and serves as a valuable visual aid throughout the learning experience.

Focused Freewriting: Engage participants in focused freewriting exercises where they write about a specific subject or question provided. This technique encourages them to put their thoughts on paper without overthinking and serves as a powerful tool for idea generation and attitude exploration. It's an ideal way to "warm up" participants by having them reflect on their existing knowledge, beliefs, and feelings about a new topic.

During Wellhoody learning sessions

Various interactive strategies can be employed to keep young participants engaged and encourage their active involvement in the learning process:

Question & Answer: Questions are a powerful tool for transferring course content to participants. In Wellhoody sessions, questions can take various forms, such as open-ended or multiple-choice, and can range from easy to complex. Participants can respond in diverse ways, whether by raising their hands, volunteering to answer, or using sticky notes. This approach ensures that the learning experience remains dynamic and caters to different learning styles.

Think-Pair-Share: This method promotes collaborative learning and deeper engagement among participants. It begins with individuals reflecting on a question independently ("think"). Then, they pair up with a fellow participant to discuss their thoughts ("pair"). Finally, the pairs share their ideas with the entire class. Think-Pair-Share is particularly effective for questions that encourage critical thinking, problem-solving, and in-depth analysis. Group discussions help participants articulate their thought processes and foster a sense of community.

Buzz Groups: In Wellhoody sessions, buzz groups can be utilized to facilitate intense discussions within small pairs or groups. For example, before requesting an individual response to a challenging question, allocate 5 minutes for participants to discuss their answers with their neighbors. This approach encourages peer interaction and collaborative problem-solving, enhancing the overall learning experience.

Group Segmentation: When dealing with large groups, it's beneficial to segment participants into smaller groups during the class. For instance, if you are showing a video, you can divide the participants on the right, middle, and left sides of the room, with each group focusing on a different aspect or question related to the video content. This approach ensures a more in-depth discussion as participants concentrate on specific questions, while still addressing all relevant aspects of the material.

These interactive strategies are well-suited for Wellhoody sessions, as they promote active participation, critical thinking, and collaborative learning among young individuals interested in well-being and diversity. They contribute to a vibrant and inclusive learning environment that encourages meaningful engagement with course content.

After the learning experience

Following the Wellhoody learning experience, it's essential to assess participants' comprehension and encourage reflection. Here are some post-learning activities tailored to Wellhoody's objectives:

Wellhoody Wellness Quiz: Participants are given a Wellhoody-themed quiz designed by the facilitator to evaluate their understanding of the course content. This quiz can feature various question types, including multiple choice, true or false, and open-ended questions. It serves as a valuable tool for assessing knowledge retention and application.

Test Your Knowledge: Each participant is tasked with creating a test question related to the topics discussed during the session. This activity empowers participants to engage actively with the material, think critically, and formulate questions that challenge their peers' understanding. These questions can later be used for review or group discussions.

One-Minute Reflection: Participants are encouraged to take 1-2 minutes to provide a written response to an open-ended question related to the session's content. This reflection exercise promotes critical thinking and allows participants to express their insights, questions, or concerns. Instructors can utilize these responses as valuable feedback to gauge participants' grasp of course concepts and to identify areas that may require further clarification or exploration.

These post-learning activities for Wellhoody sessions facilitate knowledge assessment, encourage active participation, and foster reflective thinking among young individuals interested in well-being and diversity. They contribute to a comprehensive and engaging learning experience that aligns with Wellhoody's objectives of promoting wellness and diversity for youth.



Worksheets

These worksheets are designed to enhance engagement and reflection at different stages of the Wellhody learning experience, ensuring a comprehensive and interactive approach to wellness and diversity education.

Worksheet 1: Before the Learning Experience

Title: "Getting Ready for Wellhody Wellness"

Instructions:

In the carousel brainstorm section below, rotate around the classroom with your group, spending 1-2 minutes at each station.

Share your thoughts and prior knowledge about well-being and diversity.

Post your ideas at each station for others to read.

- ✓ Station 1: What comes to mind when you think about wellbeing?
- ✓ Station 2: How can wellbeing benefit individuals and communities?
- ✓ Station 3: Share any experiences or stories related to diversity that you find impactful.
- ✓ Station 4: List three things you hope to learn or discuss during the Wellhody session.

Worksheet 2: During the Learning Experience

Title: "Active Engagement in Wellhoody Wellness"

Instructions:

As you participate in the Wellhoody session, use this worksheet to record your thoughts and engage actively in the learning experience.

Complete the tasks below to enhance your understanding.

- ✓ Task 1: Write down any questions that arise during the session. Be prepared to discuss them later.
- ✓ Task 2: Share your thoughts on the most important well-being and diversity concepts covered today.
- ✓ Task 3: Collaborate with a partner to discuss key takeaways and how they relate to your own experiences.
- ✓ Task 4: Highlight any areas where you believe more exploration or discussion is needed.

Worksheet 3: After the Learning Experience

Title: "Reflecting on Wellhoody Wellness"

Instructions:

Take a moment to reflect on what you've learned during the Wellhoody session.

Complete the tasks below to consolidate your understanding and provide valuable feedback.

- ✓ Task 1: Take the Wellhoody Wellness Quiz to test your knowledge and understanding of the session's content.
- ✓ Task 2: Create a test question related to the topics discussed during the session. Challenge your peers with a thought-provoking question.
- ✓ Task 3: Write a one-minute reflection on your key insights and how you can apply them to promote well-being and diversity in your community.

Conclusion

Adult educators play a pivotal role in the success of the Wellhoody project in promoting health and wellbeing while celebrating diversity among young people. Adopt a learner-centered approach, continuously seek feedback, and remain adaptable to the evolving needs of your learners.

Encourage educators to use a variety of teaching methods, including digital tools and technology, to engage young learners effectively in wellbeing and diversity education. Promote collaboration among educators to share best practices and enhance the educational experience for young people.

This guide aims to empower educators with the knowledge, strategies, and tools necessary to make a meaningful difference in the health, diversity, and well-being of young individuals through effective, engaging, and inclusive education.

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