

Presenters:	Anna Mowat
Organisation:	Sparklers
Position:	Creative Team
Abstract title:	Practical strategies and teaching resources for incorporating wellbeing into daily routines in creative ways
	<p>We all understand that wellbeing is essential, but in the busyness of our worlds and school lives it can sometimes take a problem arising before our attention is drawn to this area.</p> <p>Anna is keen to support teachers to incorporate wellbeing into their everyday approach and routine in creative ways.</p> <p>As the creative team behind Sparklers she will use Sparklers and other teaching resources as a 'base' to discuss how wellbeing can be incorporated into any day - sharing practical ideas for simple, adaptable ways to do this.</p> <p>Specifically she'll discuss how to incorporate wellbeing into</p> <ul style="list-style-type: none"> • existing subject areas, including: literacy, science, numeracy • topical events in the news • celebrations • school events such as athletics days • relevant initiatives such as Te Wiki o te Reo, Pink Shirt Day and Pacific language weeks. • current classroom challenges <p>The goal is to give teachers the confidence to understand what wellbeing is and use wellbeing resources in creative ways that best suit the needs of their tamariki.</p> <p>As part of this Anna will bring fun, wellbeing resources to support teachers in the classroom.</p>