

Adult Resilience Curriculum (ARC) for Educators—Module 10: Wellness Plan

**Preparation**

**People (1 team, or 1 practice partner):**

Organize into your teams , if you are completing ARC as a team or with your school

OR

Get comfortable wherever you are (home, classroom, etc.)

**Review:**

Reflect on content from the previous module

- If you are completing modules in order, the previous module was on the **Three R's**
- Review Mod 9 [discussion questions](#) with yourself, your team, or your practice partner to guide the review.

**Materials (7 items):**

[Access](#) the following resources:

- Module 10 Slides, OR
- Module 10 Video
- Module 10 Activities
  - Wellness Activity
  - Wellness Plan
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 10 Resources Folder

**Prepare:**

Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”

**Module 10: Wellness Plan**

**Knowledge:**

- If you are completing Module 10 as a team with a trainer:
  - Attend to the training experience as delivered by your trainer
- If you are completing as a team, with your Practice Partner, or on your own:
  - Watch the Module 10 Video (put in time stamp)

**Immediate Application:**

Complete both activities included in Module 10, beginning with the Wellness Activity to review all the concepts and practices included in ARC, and then incorporating your chosen activities into your Wellness Plan.

**Action Planning:**

Use the action planning form to establish a plan for following through with your Wellness Plan (completed prior to this step).

In your action plan, include a process for regularly returning to your Wellness Plan to address barriers, adjust your plan, and internalize the process so that you can move away from supports and incorporate this into your lifestyle.



**Tip:** The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success.

## Post-session


**Ongoing Practice & Experience:**

Implement your action plan with your team or Practice Partner

**Reflection:**

As you implement your action plan, connect **at least once** with your Practice Partner to discuss the benefits you are experience or not experiencing, and any barriers and solutions to those barriers for maintaining the practice

## Activity Guide

Module 10: Wellness Plan	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
	 <p>Wellness Plan</p>	<p>The activity allows individuals to reflect on the well-being skills learned in ARC and create an individualized plan for the future. Individuals will first reflect on the ARC skills and then complete the prompt and ratings for each skill learned in ARC (Wellness Activity Form). Then, individuals will complete the action steps necessary to create their individualized wellness plan (Wellness Plan Form).</p>	<p>20-30 minutes</p>	<p>Allow for individual worktime and provide frequent check-ins to see how much time is needed for the group.</p>