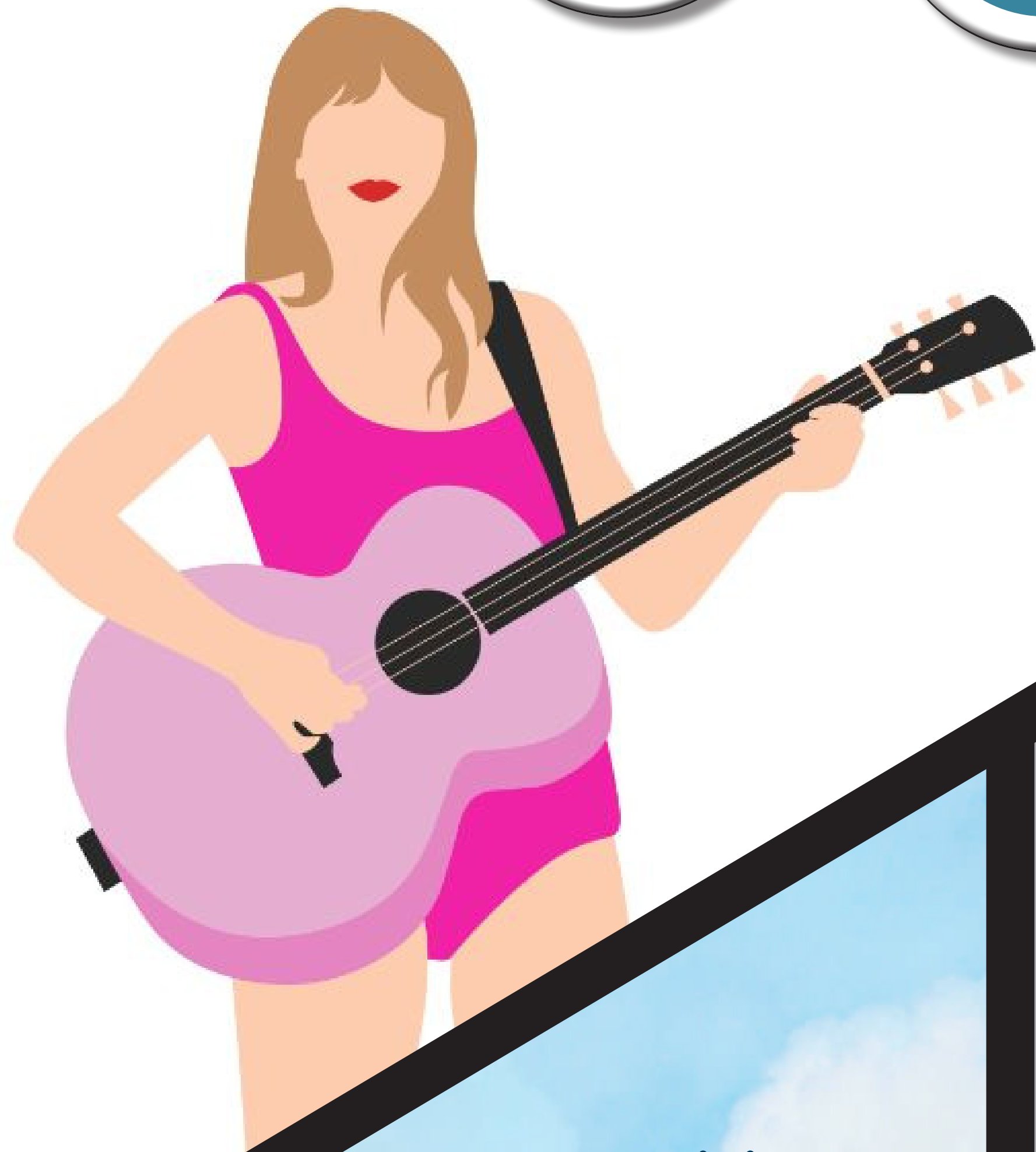


WELLNESS DAY

for Agricultural and Environmental Education Capstone Course



Are you ready for it?

Teacher educators must initiate the conversations about self-care and wellness with future educators.

Filling the BLANK SPACE talking about Wellness

While we continue to discuss the effects of teacher burnout, rarely do we talk about what health means in the context of agricultural teaching.

Well-being and individual wellness should be at the forefront of conversations as teacher educators continue to work with future agricultural education teachers. One positive change that came from the COVID-19 pandemic is how we understand and talk more about mental and emotional well-being (Optum, 2024). With the need to address agricultural teacher burnout, and the ever-growing challenge of balancing work and personal lives, the Agricultural and Environmental Education Major at University of California, Davis developed a Wellness Day activity to allow students to invest time to learn about and practice the Eight Dimensions of Wellness.

Do you *love* this idea?

Advice to others

For anyone thinking about including Wellness Day as part of their capstone or senior level class curriculum, we cannot recommend it enough! It is important that we as teacher educators are talking about self-care and wellness with future educators.

Future Plans

Graduate follow-up to assess if students are continuing to practice and include strategies learned from the Wellness Day activity and adoption of the Eight Dimensions of Wellness in their professional life.

Apply for a university level wellness grant to provide "Ag Teacher Wellness Kits" for our students as part of the programming to serve as a reminder of the importance of self-care.

Eight Dimensions of Aggie Wellness



Source: UC Davis Student Health and Counseling Services

THE BEST DAY

During the latter part of the spring term, students are invited to attend their regularly scheduled class at the arboretum which provides a serene quiet area for students to be reflective and get away from the four walls of a traditional classroom.

The first half of the activity includes discussion about the Eight Dimensions of Wellness and students participate in a Think-Pair-Share discussion. During the second half of the activity, students are split equally amongst and progress through six stations, each one focusing on one of the Eight Dimensions of Wellness outlined in the workbook. The student workbook includes directions for each of the stations as well as space for students to write or draw if it was included with the station. Students spend about 10 minutes at each station.

RED

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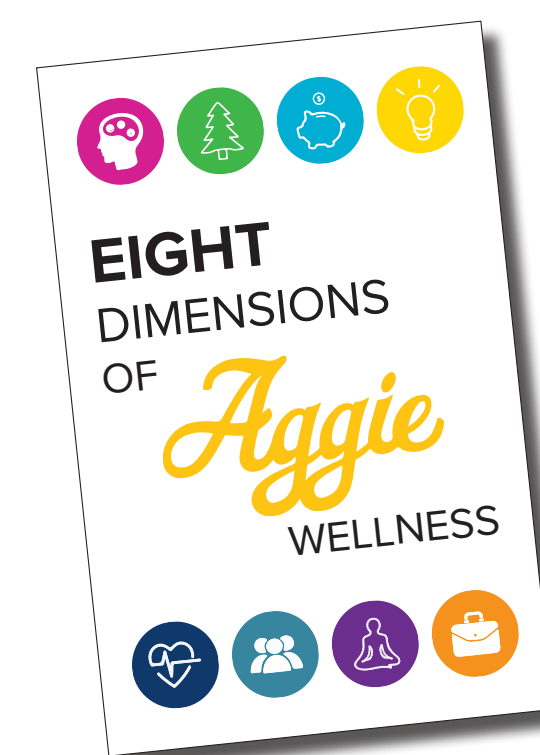
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Resources for a successful Wellness Day "Debut"

- Wellness Workbooks** created & printed in-house
 - Note Cards** for students to write letters (3 per student) - \$15.00
 - Colored Pencils** for Postcard Activity (3 sets of 12) - \$15.00
 - Pens and Pencils** for writing thank you cards (Enough for all students) - \$10.00
 - Yoga Mats** for Station - (1 for every 6 students) \$20.00
 - Station Markers** (1 per station) - \$20.00
 - Shoebox Totes** (5 needed - \$2.00 each) - \$10.00
- Some resources should be a one-time purchase and can be used from year to year

Scan the QR Code for the Wellness Workbook



Dr. Kathryn Teixeira
Assistant Professor of Teaching
Agricultural and Environmental Education



Speak Now

Results to date

Students appreciated the opportunity to have a day to re-center their thoughts and take time to focus on their individual well-being. They expressed their gratitude for Wellness Day taking place during a relatively stressful time in their studies because it allowed for a change of pace and reflection on their career at UC Davis.

Student Feedback

"Wellness Day was a valuable reminder to prioritize work-life balance both while in school and in the future."

"Wellness Day was a great experience that allowed us to be present and connect with classmates before graduation."