



**PSYCHUP
EDU-WELLNESS DEVELOPMENT
PROGRAMME**

FROM PAPER TO PRACTICE

BRIDING THE GAP BETWEEN THEORY & PRACTICE SINCE 2018

WWW.WELLNESSSPECIALIST.CO.ZA | CONNECT@WELLNESSSPECIALIST.CO.ZA
061 462 7419 | 061 157 1772

WOULD YOU LIKE TO ENHANCE YOUR WELLNESS & WELLBEING SKILLS AS AN EDUCATOR



We have trained and enabled over 3500
practitioners in the past 6 years!

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WHAT WE DO ?



The Wellness Specialist offers a bridge between your theoretical knowledge and the practical skills required to be a wellness-informed educator. All our courses include ongoing support, coaching and mentorship for a period of 8 weeks post-course, as well as a dedicated online classroom with resources.

We offer practical immersion with a dynamic approach that includes online, face to face and tech assisted training and our 12 week programme is a combination of learning, experiential immersion and practical applicable! 135 hours worth of personal and professional development that is guaranteed to prepare you to hit the ground running!

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12 WEEKS 135 HOURS

OVERVIEW

MODULES

1. Ethics & Role of educator in wellness
2. Understanding the Wellness Wheel - communication & terminology, culture and family dynamics
3. Understanding Child Wellbeing & Emotional Milestones
4. Understanding Emotions & temperaments in Children and Building Resilience
5. Incorporating Play Led interventions to support mental health & creating psychological safety
6. Behavioural realignment and handling disruptive or extraordinary behaviours
7. Social and Relational Wellbeing & Sensitive Communication
8. Self regulation techniques for educators & students
9. Identifying specific needs & ethical referral
10. Self care practices & personal development

Mode of Delivery - Face to Face or Online via Zoom

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MODULE 1

BREAKDOWN

OVERVIEW

MODULE 1

Module 1: Understanding Child Wellbeing in the School Environment

Objective: Introduce the concept of holistic wellbeing for children and how it affects learning and development.

1. Ethical considerations, law and policy
2. Definition of child wellbeing (physical, mental, emotional, and social, occupational, spiritual, environmental).
3. The impact of a positive learning environment on student health.
4. Signs of distress in children (e.g., anxiety, bullying, peer pressure).
5. The role of educators in promoting wellbeing.

Activities:

1. Case studies on children's behaviour in various classroom settings.
2. Group discussion on what wellbeing looks like in students.
3. Roleplay

MODULE 2

BREAKDOWN

OVERVIEW

MODULE 2

Module 2: Emotional Intelligence and Building Resilience

Objective: Equip educators with tools to develop emotional intelligence and resilience in children.

1. Introduction to emotional intelligence (self-awareness, empathy, emotional regulation).
2. The connection between emotional intelligence and classroom performance.
3. Strategies for helping children manage emotions and build resilience in the classroom
4. Techniques to re-direct undesirable behaviour without disrupting class

Activities:

1. Role-playing exercises in managing emotional conflicts.
2. Reflective journaling on past classroom interactions.

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MODULE 3

BREAKDOWN

OVERVIEW

MODULE 3

Module 3: Cultivating Psychological Safety and Early Intervention

Objective: Increase awareness of common challenges in children and empower educators to intervene early.

1. Recognising mental health challenges (ADHD, anxiety, depression, emotional dysregulation, social challenges, etc)
2. Classroom strategies for supporting children with specific needs
3. Understanding how experiences outside the classroom can impact learning

Activities:

1. Interactive discussions with case examples of children with challenges.
2. Creating a list of referral resources and exploring specific referral policies within current system

MODULE 4

BREAKDOWN

OVERVIEW

MODULE 4

Module 4: Somatic Needs of Children and Its Connection to Learning

Objective: Explore how physical health & lack of brain breaks affects learning and provide tools for promoting healthy habits.

- 1.The importance of nutrition, sleep, and exercise for children's cognitive function.
- 2.Understanding the role of physical activities in improving concentration.
- 3.Classroom activities that promote movement and healthy habits.

Activities:

- 1.Group brainstorming on how to incorporate movement into the classroom.
- 2.Developing a classroom physical wellbeing plan.

MODULE 5

BREAKDOWN

OVERVIEW

MODULE 5

Module 5: Social and Relational Wellbeing

Objective: Teach educators how to foster a positive social environment and manage peer relationships in the classroom, as well as to gain learnings on how to communicate more effectively with parents and peers

- 1.The role of peer/parent and educator relationships in child development
2. How to address bullying and foster inclusivity
- 3.Teaching conflict resolution and empathy.

Activities:

- 1.Role-play scenarios of peer conflicts.
- 2.Building classroom charts and visuals to promote mutual respect and communication

MODULE 6

BREAKDOWN

OVERVIEW

MODULE 6

Module 6: Self-Care for Educators and Creating a Sustainable Wellbeing Culture

Objective: Focus on the importance of educator wellbeing and building a sustainable wellbeing culture in the classroom.

1. Self-care strategies for educators to manage stress and avoid burnout.
2. Embedding wellbeing practices into daily teaching routines.
3. Collaborating with parents and the wider school community to support child wellbeing.

Activities:

1. Creating a self-care action plan for educators.
2. Group brainstorming on how to develop a whole-school wellbeing policy.

THE WELLNESS SPECIALIST



PSYCHUP EDU-WELLNESS DEVELOPMENT PATH

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