

Course Title: Mind, Body, and Soul (Wellness Hour)

Teacher: Denise Aulik

Hour 1 - Semester 1 - 2021/22

0.5 English Credit

[Click here to hear Denise talk about her class!](#)

COURSE INFORMATION:

Course Description:

Students in this course will explore basic English language arts concepts and quality of life issues through a variety of introductory activities and learning style challenges. The course will allow students safe and fun ways to take risks with reading, writing, discussion, group dynamics, creativity, movement, and mindfulness. Students will keep track of their metacognitive process and growth throughout the quarter with guided reflection writing and learning journals. Students are expected to contribute to an environment conducive to growth and change for all while they identify personal learning challenges and deepen strengths. Consistent collaboration, positive engagement, and successful openness to grow academically and social-emotionally are our priorities. Strong attendance and participation is essential.

Prerequisites:

None

(non-repeatable course)

Method of Instruction:

Structured Activities in Reading and Writing (independent and group)

Independent creative projects

Kinesthetic activities

Course Objectives (link to [full WI Common Core standards](#)):

R1-R5, R9

W1-2, 6-8, 10

SL1,5

L1,6

SEL Domains:

Emotional Development

Goal Setting

Graduate Vision Competencies:

Positive Community Member
Pathfinder
Growth Mindset
Creative and Critical Thinker