

Monitoring template - UPRIGHT WELLBEING FOR ALL



Instructions on how to implement the UPRIGHT WELLBEING FOR ALL programme

The WELL-BEING FOR ALL programme consists of carrying out activities to create a culture of well-being in the school. The activities proposed are:

1. Display all posters (on paper or digitally),
2. Share all UPRIGHT short messages (on paper or digitally),
3. Practice Mindfulness 4 times during the school year,
4. Carry out 4 activities from the proposed list during the school year



This template is to monitor the progress of implementation of the **UPRIGHT Wellbeing for Us** programme. Mark to the template, here below, the level of implementation of sessions.

Status:

- 1 = Not implemented
- 2 = Partly implemented
- 3 = Fully implemented

	1	2	3
1. Posters – Display all			
1.1 Mindfulness poster has been displayed during the school year			
1.2 Coping poster has been displayed during the school year			
1.3 Efficacy poster has been displayed during the school year			
1.4 Social and emotional learning poster has been displayed during the school year			
1.5 UPRIGHT poster has been displayed during the school year			
2. Short messages – Publish all			
2.1 “You can’t stop the waves, but you can learn to surf” message has been displayed			
2.2 “Wherever you go, there you are” message has been displayed			
2.3 “Life is a dance; mindfulness is witnessing that dance” message has been displayed			
2.4 “Live the actual moment. Only this actual moment is life” message has been displayed			
2.5 “Coping – communication strategies” message has been displayed			
2.6 “Mental health” message has been displayed			
2.7 “Coping – Cognitive behaviour modification” message has been displayed			
2.8 “Coping – Conflict resolution” message has been displayed			
2.9 “Efficacy – Learn to bounce back...” message has been displayed			
2.10 Growth mindset message has been displayed			
2.11 Self efficacy message has been displayed			
2.12 Social resilience message has been displayed			
2.13 Leadership message has been displayed			
2.14 “Love me when I least deserve it, because that is when I need it the most” message has been displayed			
2.15 “One smile can start a friendship...” message has been displayed			
2.16 “No one is rich enough to do without a neighbour” message has been displayed			



2.17 “Most powerful is the who has himself in his own power” message has been displayed			
2.18 “It’s choice – not chance – that determines your destiny” message has been displayed			
3. Mindfulness activities			
3.1 Mindfulness session outdoors			
3.2 Mindfulness: Popcorn session			
3.3 The anchor (audio)			
3.4 Shake it up—calm it down, body and breathing (audio)			
3.5 Sounds and thoughts (audio)			
3.6 Body scan (audio)			
3.7 Heartfulness (audio)			
3.8 Shift gears - mindful walking (audio)			
3.9 Hear it all - mindful listening (audio)			
4. Collective activities – Select 4			
4.1 “Do It Yourself” posters on UPRIGHT skills			
4.2 UPRIGHT fair			
4.3 What did we learn from UPRIGHT? Review of UPRIGHT skills and components			
4.4 UPRIGHT students teach UPRIGHT skills to younger students			
4.5 Random act of kindness: Pay it forward			
4.6 Film screening: For example, “Pay it forward”			
4.7 Gratitude letters			
4.8 Group game: Happiness spin			
4.9 Talks by speakers: Invite a sport athlete			
4.10 Key opinion leaders-teachers make a presentation on UPRIGHT			
4.11Key opinion leaders-teachers make a workshop on UPRIGHT			
4.12 Collaborate with a Non-Governmental Organization (NGO)			



4.13 Social media: Creation of video: “What is UPRIGHT?”			
4.14 Resilience in photo or video			
4.15 Cyber-praising event			
4.16 Help others using social media			
4.17 Create a social video story			

