This worksheet can be used to help you identify specific strategies you will use to support student wellbeing in the design of your team project:

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| ****Strategy**** | ****How wellness is incorporated into your course’s team project****  |
| Allow students **flexibility** in how they approach tasks or topics |  |
| Provide **formative feedback** and **assess for mastery** |  |
| Streamline curriculum content to **allow time for other commitments** |  |
| Equip students with **skills to manage stress, uncertainty, unknowns, and conflicts** |  |
| Support students to **find meaning and positivity**in the tasks they are required to perform |  |