

Encouraging “Wellness Breaks” in the Classroom

Shared with all faculty and University Senate to encourage a culture shift campus wide..

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How to get started..

- Commit to how often you want to have a break in your class. Every hour works well, this depends on the length of your class.
- Decide on how much time 1min to 5 min breaks.
- Ask for a student volunteer to remind the instructor that it is time for the “wellness break”.
- Have students decide what activity the class will participate in for the “wellness break.” Examples include deep breathing, standing, stretching and or hydrating.
- These “wellness breaks” will become reminders for students to focus on self care.

One minute Wellness Break...
Take 4 deep breaths, stretch, stand up, take a hydration break...



Image Source: D. Ambrosio

Add a slide to your presentation:
One Minute wellness break..
4 deep breaths...



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