Exploring Mental Well-Being through an Inquiry Approach 1

Inspired by the six steps in the Spiral of Inquiry (Kaser & Halbert, 2017)

1. Scanning:

- What's going on for our learners and ourselves?
- Signs of stress, anxiety, low motivation?
- Gather observations and/Or student voice.

2. Focusing

- What matters most?
- Choose one priority: e.g., stress management, sense of belonging.

3. Developing Hunches

- Why is this happening?
- Possible causes: workload, classroom climate, lack of breaks.

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Exploring Mental Well-Being through an Inquiry Approach 2

4. New Learning

- What does research and experience tell us?
- Strategies: e.g., mindfulness, movement breaks.

5.Taking Action

- What will we try?
- Examples: e.g., Begin lessons with a 2-minute breathing exercise.

6. Checking

- How will we know it' s working?
- Student feedback, observations, teacher reflection.

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