

Just Teaching Tool #2

Well-being Thermometer

1. Each of the following components contributes to well-being.
2. A healthy temperature is approximately 98 degrees.
3. Rate the following components of well-being from 0–14 (very unscientific and meant to elicit discussion only).
4. Total the number of degrees for each level (class, school, district).
5. Compare results with your colleagues.
6. Where do you agree or disagree? Where can you grow?

(Continued)

(Continued)





TOOL #2 | WELL-BEING THERMOMETER

TAKING THE TEMPERATURE OF OUR CLASSES, SCHOOL, AND DISTRICT SUPPORT



RATE THE FOLLOWING COMPONENTS OF WELL-BEING FROM 0-14

USE YOUR FIRST RESPONSE, NOT INTENDED TO BE SCIENTIFIC

	CLASS	SCHOOL	DISTRICT
LAUGH	_____	_____	_____
PLAY	_____	_____	_____
ELICIT STORIES	_____	_____	_____
MODEL GRATITUDE	_____	_____	_____
CREATE MOMENTS	_____	_____	_____
HAVE FUN	_____	_____	_____
SEE WHOLE PEOPLE	_____	_____	_____
THERMOMETER READING 			

A HEALTHY TEMPERATURE IS ~ 98°
TOTAL THE # OF DEGREES OF EACH LEVEL

SCAN THE QR CODE
FOR A FILLABLE PDF

