

# Web based resources for wellbeing

Listed below are a variety of sources and resources which hopefully will be of interest to you regarding wellbeing.

These links are all excellent sources of data, professional knowledge and planned units of work classroom teachers can use and adapt to their classroom and/or school needs:

- [Canterbury Wellbeing Index](#) (Community and Public Health);
- [Health Promoting Schools](#) (Te Kete Ipurangi);
- [Useful websites and publications](#) (Te Kete Ipurangi);
- [Mental Health Level 2 Teaching Plan](#) (Te Kete Ipurangi – Archived); and
- [Teacher Unit Plans](#) (Te Kete Ipurangi – Archived).

## Notes from recent teacher development opportunities

Ian Vickers' workshop on teacher wellbeing and Philippa Nicoll Antipas' seminar on Three steps towards student wellbeing (CORE Ed) reminds us of models of wellbeing – one that is already available in the NZ Curriculum (Te Whare Tapa Wha).

[Download Ian Vickers' presentation from the Canterbury HPS Teacher Wellbeing Workshop](#) [10MB Slideshow - PPSX file].

[Download The Good New Habits Book 2018 by Ian Vickers](#) [1.6MB].

[Download Philippa Nicoll Antipas' presentation "Three steps towards student wellbeing"](#) [2.9MB PDF].

[Roger Hart's Ladder of Participation is a useful tool to consider to get students involved in addressing their own wellbeing.](#)

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