VOTE WITH YOUR BODY

Time needed: 30 min
Number of participants: no more than 25
Supplies needed: Poster paper and markers

Overview

A series of questions about their school environment are posed and students are asked to respond by moving themselves to an area of the space that best represents their responses. They are then invited to share comments about why they think that, without pressure to respond. This can be done with no supplies. For example, students could be asked to step in or out of a circle if they 'Agree' or 'Disagree' with a statement. It could also be done with supplies. For example, you could have a poster sign that says, "Yes" and a poster sign that says "No" set up at different sides of a room for a yes/no question. Students could then move to the poster that matches their response.

This activity provides an opportunity for students to share their ideas in a low-pressure, active, interactive way. It helps demonstrate a variety of perspectives and invites participation that welcomes different modes of communication.

Set up

- Pre-work - have there been conversations about the meaning of well being already?
- Modify questions to reflect what they have named.
- Edit list to reflect the school environment you are in.
- Introduce purpose.
- Give clear instructions and an example.

School Health Assessment: Vote with Your Body

Elementary Age

1. When I walk into my school, it feels welcoming *(e.g., clean, happy, safe).*

2. I get to move a lot when I'm at school (i.e., I don't have to spend too much time sitting).

3. It's easy to have fun outside during recesses.

4. Our teachers often take us outside to learn (Followed by "I wish my teachers would take us outside more often").

5. If I wasn't able to eat breakfast at home for whatever reason, I can easily grab something free to ear at school when I arrive.

6. Our cafeteria sells healthy and delicious food.

7. If I forgot my lunch or money to buy food, I know that my school will be able to give me something healthy to eat.

8. I like pickles (This is just thrown in there to make students giggle).

9. I have enough time to eat lunch.

10. I have enough time to play outside during break times.

11. My teachers care about me and my happiness.

12. My school teaches us that kindness is important and works hard to make everyone feels safe and cared for.

13. When I have a problem, I know there is an adult that can help me.

14. My school is a happy healthy place to be.

School Health Assessment: Vote with your body

Secondary Schools

1. When I walk into my school, it feels welcoming *(e.g., clean, happy, safe)*.

2. I get to move a lot when I'm at school (i.e., I don't have to spend too much time sitting).

3. Our teachers often take us outside to learn.

4. If I wasn't able to eat breakfast at home for whatever reason, I can easily grab something free to ear at school when I arrive.

5. Our cafeteria sells healthy and delicious food.

6. If Iforgot my lunch or money to buy food, I know that my school will be able to give me something healthy to eat.

7. Our school has a nice outdoor space that I enjoy using during break times.

8. My teachers care about me and my happiness.

9. The adults in the school care about what students think and involve them when making big decisions.

10. Our school teaches us that kindness is important and works hard to make everyone feel safe and cared for.

11. Our school is a place where diversity is respected and celebrated.