

TeachME Professional Development

Promoting Social and Emotional Well-Being Through a Whole School Approach

1. What is a whole-school approach to social-emotional wellness?

- A. One in which wellness is assumed, not taught
- B. One in which no member of the community is invested in physical or mental wellness
- C. One in which every member of the school community works to support whole-child wellness
- D. One in which gym class is mandatory and lengthy

2. What is health literacy?

- A. A library of health books
- B. A more comprehensive, holistic way to think about health, encompassing mental, physical, and emotional wellness.
- C. A more holistic, comprehensive way to think about health, encompassing health from infancy to geriatric care
- D. A way for people to discuss test results

3. What is one of the best ways to ensure that employees are better-equipped to help students become healthier?

- A. If they're healthy and happy themselves
- B. If they're told to do so by the students themselves.
- C. If they're all registered nurses.
- D. If they're incentivized with pizza.

4. How can a school extend their academic community off-campus?

- A. By building a larger school.
- B. By partnering with local businesses and volunteer organizations
- C. By buying up local businesses.
- D. By volunteering free classes for community members

5. What is one of the most telling indicators of student wellness and performance among the following four options?

- A. How much their families are engaged in the school environment
- B. How old they are
- C. The size of the school

D. The median age of the students

6. Whole-school, whole-child programs support both academic outcomes and students' ability to communicate well, deal with problems effectively, and:

- A. Become more intrinsically motivated
- B. Enhance curiosity
- C. Increase their perseverance
- D. Practice empathy

7. What's an easy (and practical) way to help students practice mindfulness?

- A. Sign them up for yoga
- B. Give them all a popular mindfulness app for their phones
- C. Give them a minute of quiet transition time at the beginning and end of each class.
- D. Mindfulness is not necessary for students

8. Why might your school decide to put a student on the committee overseeing any whole-school wellness implementations?

- A. For a cute photograph
- B. This isn't something a school should do
- C. If there are no parents interested in the position
- D. To engage with and listen to the student body better

9. What is one reason that whole-school wellness initiatives often don't work

- A. They don't receive buy-in from the whole community
- B. They don't work
- C. They have never been tried
- D. They receive too much community support and become swarmed

10. Should social-emotional learning be incorporated at the classroom level or at the community level (and why)?

- A. Community; it's less successful with total buy-in
- B. Community; it's more successful with total buy-in
- C. Classroom; this is a less expensive approach
- D. Classroom; that way, individual teachers can take individual approaches

11. What's one reason that physical health and mental wellbeing or academic performance could be connected?

- A. People need a certain level of energy and alertness in order to learn effectively.

- B. They're both difficult to achieve.
- C. People learn better when they are in poor physical health.
- D. They are in no way connected.

12. Students who develop higher emotional resilience and wellness tend to have more or less counts of disciplinary infractions, and why?

- A. More: They get into more arguments with their peers
- B. More: They tend to skip school more
- C. Less: They practice too much mindfulness
- D. Fewer: They may have higher emotional resilience, which can lead to fewer fights or lowered stress

13. Which of the following statements generally reflects the connection between academic performance and social-emotional wellness?

- A. Better learners are happier and healthier
- B. Healthy learners are healthier
- C. Happier, healthier students are better learners
- D. Students who aren't healthy can never learn

14. Thorough social-emotional instruction led to a beneficial (reduced) impact on which of the following:

- A. Assessments
- B. Absenteeism
- C. Atheticism
- D. Aestheticism

15. What are three factors that lead to a higher likelihood of success of any whole-school initiatives your school implements?

- A. Assessments, strong partnerships, and planned communication
- B. Social, mental, and behavioral wellness
- C. Emails that go out to the entire school community on a weekly basis
- D. A lack of buy-in from the entire community

16. When teachers who make a point of standing outside their classrooms and happily greeting their students perform this action, what are they doing?

- A. Getting some mild physical activity in
- B. Subtly taking attendance
- C. This is not a recommended practice
- D. Building good relationships with students, and possibly making them happier and healthier in the long run.

17. What are the first two steps a school must take when implementing a whole-school approach to wellness?

- A. Paving school walkways and investing in a new theater
- B. Rebranding and coming up with a new mission statement
- C. Narrowing the focus, and establishing a streamlined leadership team.
- D. Making sure that a child and a doctor are on the leadership team

18. In order to model social-emotional wellness for your students, what's a good way to go about making a decision?

- A. With a pro-con list
- B. Use a demonstrably strategic problem-solving process, and speak about it with your students.
- C. Ask your students to make the decision for you
- D. Never make a visible decision

19. What is the first step in learning effective self-regulation?

- A. Getting a thermometer
- B. Taking five deep breaths
- C. Figuring out how to identify your emotion, or finish the sentence, "I am feeling..."
- D. This is not a learned skill

20. What is one of the most important strategies to employ for social-emotional wellness if your student population is experiencing a rapid shift to distance learning?

- A. Give your students as much structure as you can
- B. Get a really high-quality webcam and a ring light
- C. Don't shift to distance learning
- D. Visit your students at home

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