



# WELL-BEING STUDENTS In The Classroom

Budi Santoso, M.Pd.,C.Ht



**Budi Santoso**

[budibiologibuu@gmail.com](mailto:budibiologibuu@gmail.com)

The background of the slide is a light-colored surface decorated with various autumn-themed elements. There are several leaves in shades of yellow, orange, red, and brown, some with prominent veins. Interspersed among the leaves are small clusters of red berries and a few acorns. The overall aesthetic is warm and seasonal.

## **A teacher's tips: supporting student wellbeing in the classroom** (Faye Booth, 14 Nov 2019)

Young Minds, menyatakan bahwa, **”3 anak di setiap kelas memiliki gangguan mental yang dapat didiagnosis, dan 90% pemimpin sekolah telah melaporkan peningkatan dalam 5 tahun terakhir jumlah siswa yang mengalami kecemasan, stres, suasana hati yang buruk atau depresi”**.



## **TIPS** untuk menciptakan lingkungan kelas yang mendukung Well-Being Students

- Apa yang sedang terjadi?
- Bagaimana guru dapat membantu?



1.  
**Ciptakan lingkungan  
yang memelihara  
komunikasi**



## Tips

---

Membangun peluang rutin untuk berbagi cerita atau puisi tentang perasaan - mengungkapkan perasaan, mengatasi perasaan negatif, dan menanggapi perasaan orang lain dengan tepat.

- Pajangan kelas termasuk poster motivasi dan inspirasi, informasi tentang mindset.
- satu pertanyaan yang sangat penting: "Bagaimana perasaan Anda hari ini?"



2.

**Mendorong Pesdik  
memimpin diskusi**

A decorative border of autumn leaves and acorns surrounds the central text. The leaves are in various colors including yellow, orange, red, and brown. There are also several acorns scattered throughout the border.

## Tips



Guru memberi kesempatan percakapan Well-Being dengan peserta didik.





### 3. Memahami kebutuhan individu siswa

The slide features a decorative border of autumn-themed elements including various colored leaves (yellow, orange, red, brown), clusters of red berries, and acorns. The central text is contained within a white rectangular box.

## Tips

- Memulai menyapa dalam membangun 'sesi perasaan'
- Mengobservasi sepanjang hari
- Refleksi dan memberi kesempatan untuk berbagi perasaan

The background of the slide is a light gray surface decorated with various autumn-themed elements. There are several colorful leaves in shades of yellow, orange, red, and brown scattered around the edges. Some acorns are also visible, including one in the top right and another in the middle left. A small cluster of red berries is located near the top center. The text is centered on a white rectangular background.

## Tips



**Praktik Baik yang diperkenalkan di kelas, siswa akan lebih cenderung berkembang menjadi orang dewasa yang mampu memahami perasaan mereka sendiri dan orang lain**

A decorative border of autumn leaves and acorns surrounds the central text. The leaves are in various colors including yellow, orange, red, and brown, and are scattered around the edges of the page. There are also several acorns and small red berries interspersed among the leaves.

“

***Terima Kasih***