

# Knowing Me, Knowing You

In Search of a Deeper View of Wellbeing

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# Mindfulness Exercise

- ▶ Take a break from technology
- ▶ Get comfortable, close eyes, breathing
- ▶ Guided reflection



# Wellness and Wellbeing

- ▶ An active process of becoming aware of and making choices toward a healthy and fulfilling life
- ▶ more than being free from illness - a dynamic process of change and growth.
- ▶ A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.



# With your neighbour

1. A happy memory from school
2. The time you've had the highest sense of wellbeing in your life and why
3. What you do now for your own wellbeing
4. Something you'd like to try with your kids (school or home) for their wellbeing



# Typical Educational Transactions

- ▶ Classroom set up
- ▶ Text books, devices
- ▶ Explicit and implicit expectations
- ▶ Compliance, achieving outcomes rewarded
- ▶ Creativity and movement less important
- ▶ External drivers (eg; standardised testing, curriculum)
- ▶ Teacher education, classroom 'control' paramount

# (1) Knowing Me

- ▶ How did you get to know yourself?
- ▶ Balance; work-play-rest-nature-alone-friends-escape
- ▶ Success and failure
- ▶ Rituals
- ▶ Stories
- ▶ Belonging
- ▶ Initiation



# How are we doing in education?

## 1. Lower Primary

- Story telling
- Music, art, movement
- Lots of creativity
- My world; family, school, leisure
- Rules and boundaries
- Affirmation/information vs reward/punishment
- What makes me me



## 2. Upper Primary

- Creativity and movement time can decline
- Literacy, numeracy, IT skills become very important
- Still plenty of stories, deeper emotional awareness
- Comparing myself to others, values/ethics development
- Where are the positive/negative messages coming from?



### 3. Lower Secondary

- Curriculum and testing grows in importance
- Values education, philosophy, healthy lifestyle choices
- VERY self conscious (focusing often on the negative)
- Creativity becomes optional
- Physical activity declines (especially for girls)
- Media (esp social media) images of what I SHOULD be like



## 4. Upper Secondary

- What will I do with my life?
- My goals vs parents, school, society
- Tests are all important
- Rites of passage narcissistic
- Jobs that don't yet exist
- Global uncertainties
- Tyranny of the urgent, badge of busyness
- Need to stay connected all the time - but to what?



## (2) Knowing You

- ▶ If there is less time to know myself, how can I know you?
- ▶ If I am always compared to you based upon outcomes, how can I meet you for who you are?
- ▶ If society tells me we are always competitors, how can I work with you?
- ▶ If I am told that happiness comes with wealth and 'success', you won't seem important to me
- ▶ If I find it hard to love myself, how can I love you?

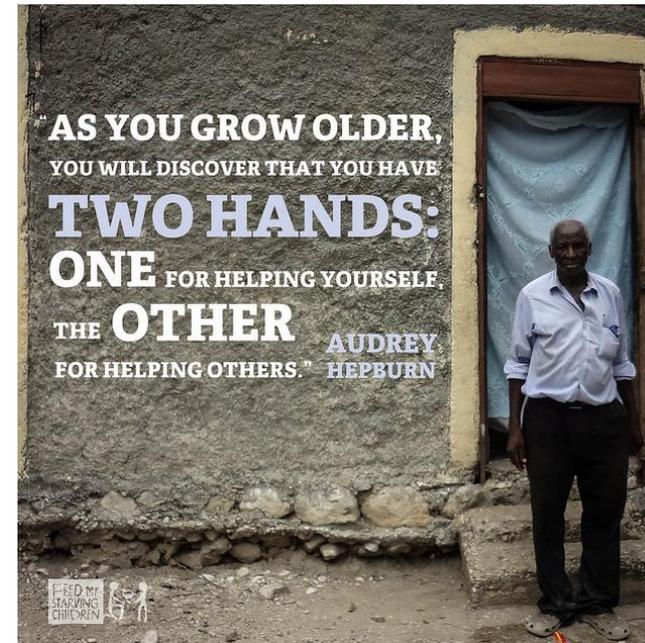
## On the other hand;

- ▶ If I am helped to know myself, I have room to know you
- ▶ If we are taught to collaborate rather than compare, I can meet you for who you are
- ▶ If we are not always set up in competition, I would love to work with you
- ▶ If I am taught that happiness comes through meaning, purpose and service, you will be critical to my wellbeing
- ▶ If I learn to love myself, I will have no problem loving you



# In the school environment (knowing you)

- ▶ Service Learning; local, national, international
- ▶ Comprehensive guest speaker program
- ▶ Global picture projects, causes, issues
- ▶ Mentoring, student-student care
- ▶ Clear values, moral issues, vision



# A Deeper View of Wellbeing

## 5 examples from my experience

- ▶ Akram
- ▶ Dewruwan and Dewamma
- ▶ Paris M
- ▶ Cambodia
- ▶ SGAGS service



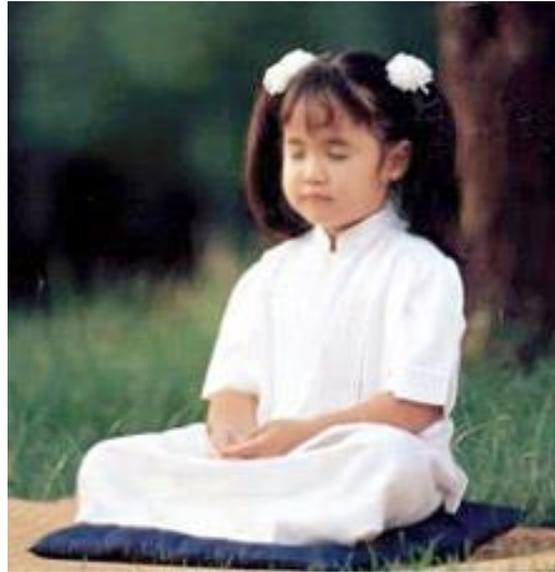
# Schools as places of wellbeing

- ▶ Only place ALL of society still gathers
- ▶ Motivated and trained adults who care about children
- ▶ Easy to set safe boundaries
- ▶ Guiding vision (education) is all about wellbeing
- ▶ Committed to the WHOLE person
- ▶ Technology opens up the world
- ▶ Governments still fund



# What takes us deeper?

- ▶ Slowing down
- ▶ Creativity, music, art, movement
- ▶ Silence
- ▶ Story
- ▶ Mindfulness
- ▶ “Prayer”
- ▶ Service



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