

## **Final Project- Design Thinking for Wellness**

After a year-long inquiry surround holistic wellness, infused with Indigenous teachings, and community support, students are tasked with improving an area of wellness. Demonstration of learning will be a student's choice, and suggestions are provided. Through the knowledge and understanding gained throughout the year, students will be able to demonstrate the value of wellness "beyond school" (Newmann, 2001), and challenge themselves to be continuous learners. This project focuses on the "human-centred mindset... situating a problem within the needs of the user allows educators to get to the heart of teaching and learning- humanity, society and community (Quinn et al., p.8)

### ***Guiding Questions:***

- What supports are in place for my own wellness already?
- How can I improve one aspect of my life, or others life, to support wellness?
- What are some barriers to success with my idea?
- How can I bring this idea to life?
- How do I know this will help improve wellness? Why is it important to me?

### ***Design Thinking Process (Project Framework):***

**Empathize-** Students will brainstorm, research and collaborate to come up with ideas on how to improve an area of wellness. They can go big (choosing a program to implement or re-design in the community, changing something structural in the school etc.) or keep it small (setting a personal goal, changing something in the classroom, or at home). Most importantly, students should be invested in their topic, feel passionate and be able to connect their idea to personal experience or relevancy.

**Define-** Students will identify what they are hoping to achieve with their project. If successful, what will this look like? Who does it benefit? Why do you think it is important to do?

**Ideate-** How will you do this? What are the challenges you may face? How can you work around these challenges?

**Prototype-** Students will draft their projects- can be a plan, a presentation, a commercial, a poster, a brochure, PowerPoint, speech etc. See below for more details on the project.

**Test-** Students share their projects with the class, and the relevant stakeholders of the greater community if possible. For some, they may be able to test their design by putting it in to action.

### ***How will students show their learning?***

Students are given choice on how they share their idea and plan with the class.

Suggestions:

- Presentation/Idea Plan (PowerPoint etc.)
- Brochure
- Poster
- Commercial
- Formal Written Plan

The projects should show the design-thinking process, and answer the following:

- Why is the project important?
- How will it improve one's holistic wellness?
- What are the barriers to success for the project/idea?
- How do you know it will improve one's wellness? (Connect to personal experience/wellness journals).

Ideally, students should have a few weeks to complete the project, spend time collaborating, and share their ideas with relevant stakeholders.