



## REFLECTION SHEET

### Program presentation to the school staff

#### Description

The purpose of this document is to guide you in reflecting on and discussing the program with your school team after viewing the introductory video. You are free to use the suggested questions, modify them, or create new ones.

#### Food for thought

- What do you think of the program as presented? What are its benefits? What are its limits?
- Do you think this program could meet the needs of our students and our school? How?
- Do you think that implementing the program is realistic and consistent with initiatives already in place at the school?
- Would you like these workshops to be given in your class?
- Which members of the school team should lead the in-class workshops (teachers, specialists, shared responsibility, co-facilitation)?
- To which classes should the workshops be offered (the whole school? certain grades only)?
- Which training workshops might interest you:
  - A workshop to care for yourself and promote your own well-being?
  - A workshop to equip you to prevent or reduce your students' anxiety?
  - A workshop to equip you to use mindfulness in your own life and with your students?
- Who among you would like to be part of a small committee tasked with defining the implementation process and monitoring the program's progress in the school (about two meetings a year)?

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