

# Ways to Wellbeing: Student Steps



## Getting started - Steps to take:

Now that your teacher has explained what the 'Ways to Wellbeing' project is all about, you are ready to get started. Here are the three steps to follow:

### Step 1: Plan and research your project.

- Choose how you are going to present your project – as a podcast/written story/photo project or video.
- Decide who you are going to interview (you can interview more than one older person) and ask your interviewee if they are willing to chat with you.

**Helpful suggestion:** Your interviewee can be a family member or neighbour for example. You can also go a step further by contacting a local nursing home (in adherence with government guidelines relating to public health at the time).

### Step 2: Create your project and start learning from the elderly community.

- Set up a date and time to talk to the person/people you are going to interview. Please note: You must make your parent/guardian aware of the interviews in advance of them taking place. Have your questions ready and everything you need to record the interview. You can record on a phone or write down the answers. You must have the interviewees permission before recording. Your teacher can help with Release forms.
- The more questions you have, the more information you will have to create your project. Your teacher can help you decide what questions to ask.
- Using the format you have chosen, put your information together to form your project.

### Step 3: Upload your project to the WIMS School Portal.

- When you have finished your project, hand it or email it into your teacher and they will complete step three for you.

