

Reflect, plan, set goals and make way for improvements

LESSON WITH CLANBEAT | CLASS RANGE: YEAR 6-12

COMMUNITY FEELING



LEAD BY

Homeroom teacher
Well-being lead in the school

REFLECTIONS



TIME

Max 20 minutes before the class
Up to 45 minutes in the class
(depending on the preferences)

GOAL SETTING

WELL-BEING



RESOURCES

Smart phones (Android or IOS)

Overview

Time to reflect, plan, set goals and make way for improvements; and – to try out a new application that could be of help to you and your class to stay connected and grow together.

Clanbeat's app enables students everywhere to take the lead in their life and learning by focusing on their self-development and well-being.

From teachers easily recognising students' needs with actionable insights, to students building autonomy, resilience and reflection habits; Clanbeat's app provides a secure, scientifically-backed solution to today's toughest classroom challenges.

Our unique approach to encouraging social and emotional development has been passionately co-created with education experts, teachers, students, leading scientists and tech enthusiasts.



BENEFITS FOR STUDENTS

- ✓ Understand better how was the last term for you and why
- ✓ Set goals and actions for 2021 to make it a great year for you
- ✓ Learn your peers' interest and bucket list items
- ✓ Share your reflections with your teachers and/or peers
- ✓ Try out a new application for the good of yourself and your class



BENEFITS FOR TEACHERS

- ✓ Have an interactive fun lesson with your students to see their most important lessons
- ✓ Receive students' yearly/monthly/weekly reflections digitally
- ✓ Help your students to set goals for this and following terms
- ✓ Get to ask your students specific questions and hear each student's opinion
- ✓ Gain a digital overview of your students' best moments, reflections, interests, bucket list items and dreams
- ✓ Try out a new application for class management and students' learning and well-being support
- ✓ A chance to continue nurturing your class community over Clanbeat app – keep up communication, initiate regular well-being check-ins, follow up goals by reflection practice etc.

How to set it up and run it in one class?

1

5 MINUTES

Please register at **www.clanbeat.com** and download the app.

2

5 MINUTES

Once you are in the app, follow the guided tour to get familiar with Clanbeat.

3

5 MINUTES

Create a post for your students welcoming them to Clanbeat. Our teachers suggest adding a fun photo to your first post.

4

5 MINUTES

Post some of these questions

What was your favorite moment for last term and why? What would you like to do with your class in 2021?
And / or any other question you think would be meaningful for your class.

In the class:

1

10 MINUTES

Ask your students to download the Clanbeat app (they do not need to register via the website). Follow in-app instructions on how to invite your students.

2

10 MINUTES

Ask students to fill in their profile choosing their interest + bucket list items thinking about 2021 and further.

3

10 MINUTES

Ask students to answer the questions under Q&A in the Shared Feeds screen.

4

5 MINUTES

Give the students an opportunity to check their peers' interests and bucket list items to increase the sense of community and belonging in the Community screen.

5

10 MINUTES

Ask students to write a reflection on their profile and share this with the teacher:

Reflection: What have you learned about yourself this school year? How do you feel about last term? How can we make 2021 the best year for you?

After the class



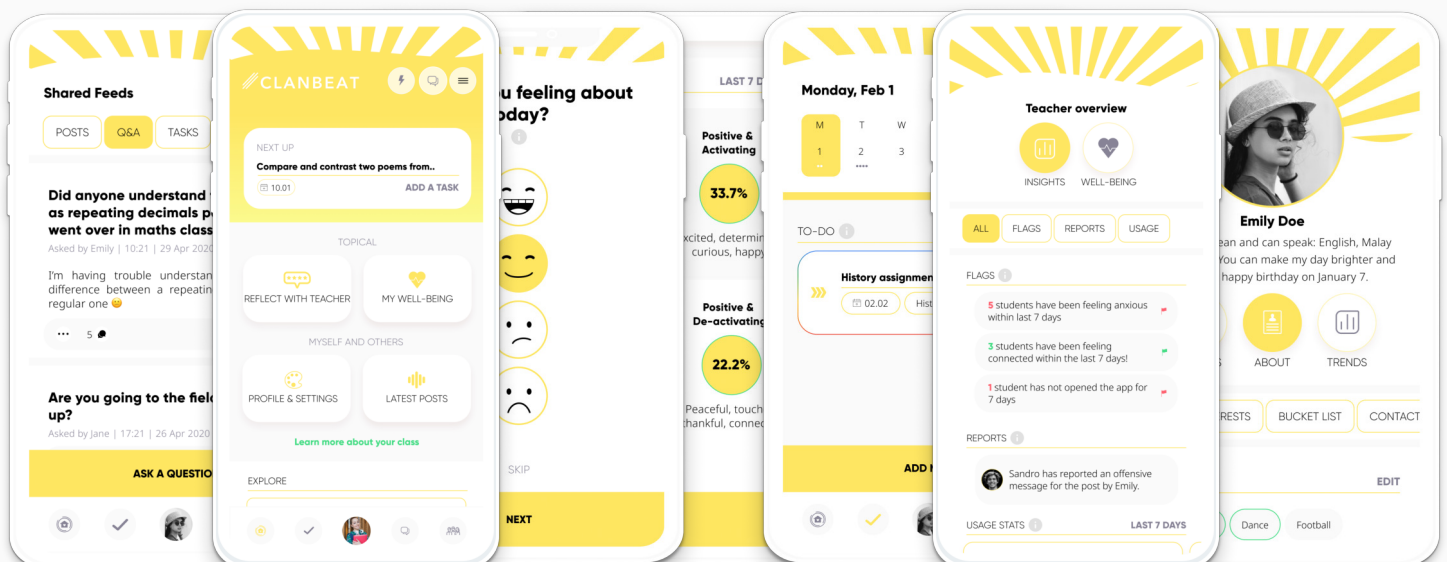
The teacher can go over all the answers to the questions and read reflections from each student -> give them feedback and kind wishes for this and following term



These practices can be continued daily, weekly or monthly and be built into a positive learning habit.



Contact **marleen@clanbeat.com** if you want to learn more about what Clanbeat can do for you, or if you have any questions.



Clanbeat is endorsed by the Estonian Education Nation initiative.



Get started or learn more at www.clanbeat.com