

TEACHING WITH WELLNESS IN MIND

DISCUSS MENTAL HEALTH

- Give your students resources to manage performance anxiety, and discuss how they can expect to feel.
- Encourage students to share how they feel about their workload and schedule.
- Build trust with your students so they feel comfortable being transparent and honest.
- Inform your students of ways you can support their well-being.
- Let your students know if you are a mandated reporter.



GET TO KNOW YOUR STUDENTS

- Know your student as a person, beyond their artistic abilities.
- Check in with them at each lesson.
- Give your students a voice in their education.
- Make communication a priority.

BE UNDERSTANDING

- Recognize that you don't know every student's full story; they may be facing challenges or have competing priorities you are not aware of - that is okay!
- Approach each student with empathy.



CREATE A SAFE LEARNING ENVIRONMENT

- Use preferred names and pronouns.
- Make your studio or class a safe place to make mistakes.
- Implement student accommodations.
- Choose works by diverse artists; representation is everything.
- Ask your students what they need - You don't have to guess!

PROVIDE A CREATIVE OUTLET

- Include improvisation in your teaching.
- Assign musical compositions, writing monologues, or choreographing original dances.

LEARN MORE



Scan to read more on the SMTD Performing Well Blog!

INCORPORATE MINDFULNESS

- Promote positive self-talk.
- Incorporate breathing exercises.
- Guide warmup and cooldown stretch routines.



SCHOOL OF MUSIC, THEATRE & DANCE
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