

Best Day Ever

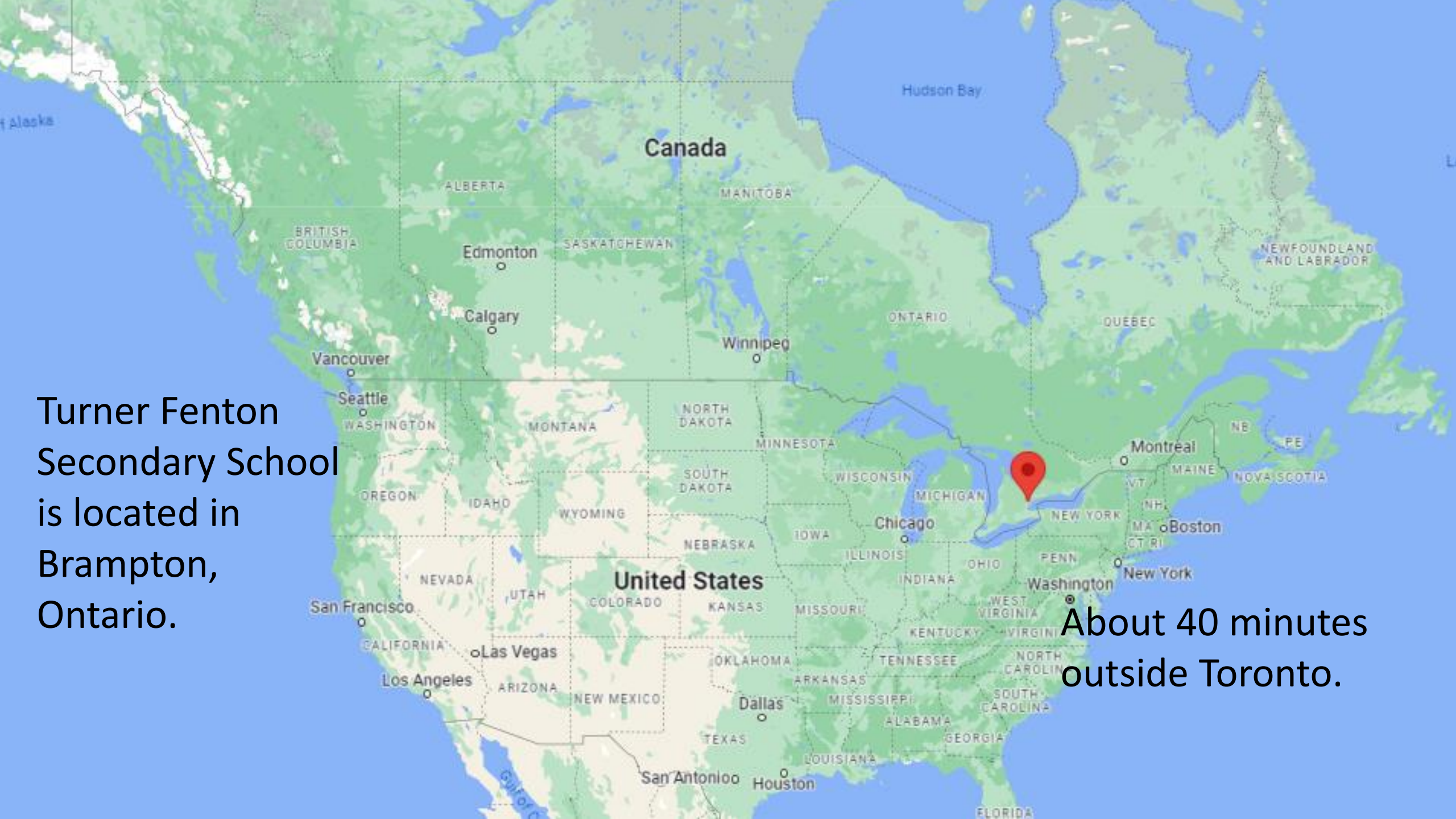
Conference to Promote
Student Well-Being



EDUCATION FOR AN INCLUSIVE FUTURE
UNE ÉDUCATION POUR UN AVENIR INCLUSIF
EDUCACIÓN PARA UN FUTURO INCLUSIVO

IB Global Conference, Toronto 2023





Turner Fenton
Secondary School
is located in
Brampton,
Ontario.

About 40 minutes
outside Toronto.



•peel District School Board

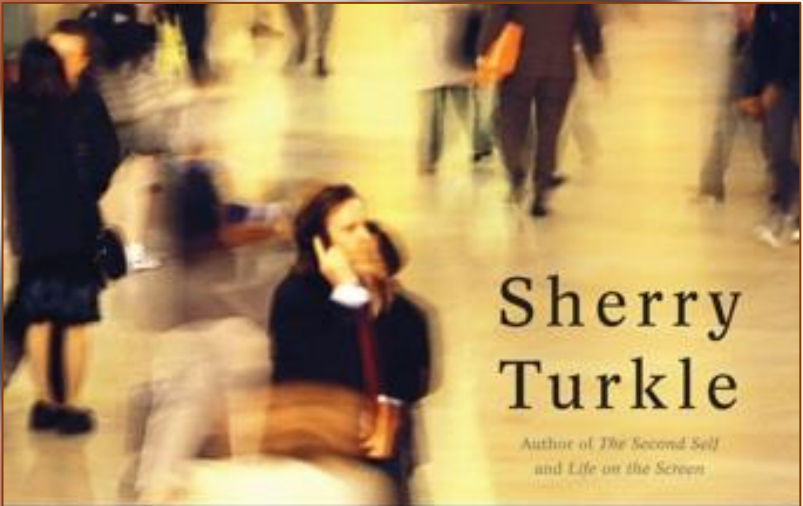
TURNER FENTON
SECONDARY SCHOOL
SOUTH HALL
7935 KENNEDY ROAD SOUTH

Greetings



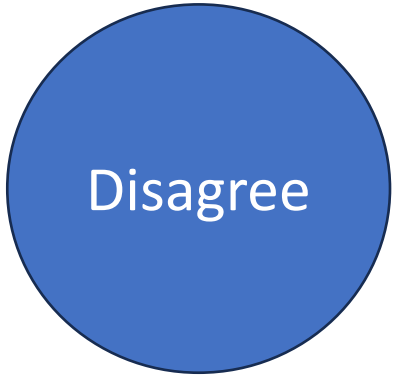
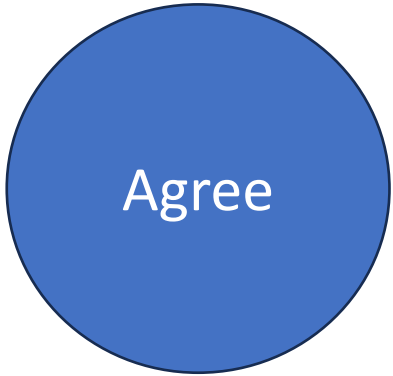
IBMC STRIKES BACK
2022



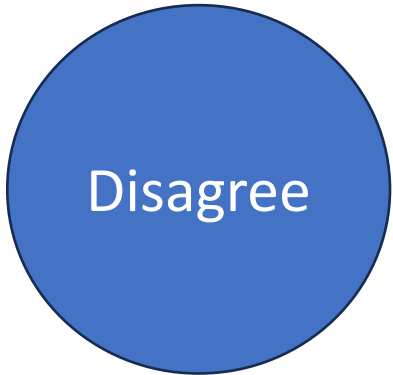
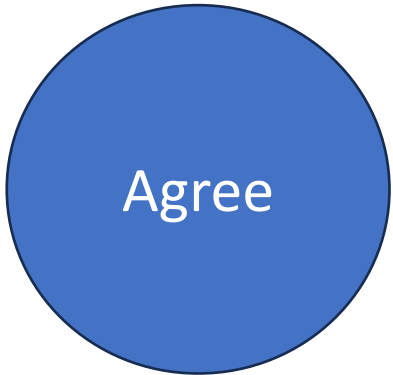


ALONE TOGETHER

WHY WE EXPECT MORE FROM
TECHNOLOGY
AND LESS FROM EACH OTHER



I sometimes try to understand my friends better by imagining how things look from their perspective



I often have concerned feelings for people less fortunate than me.

The Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

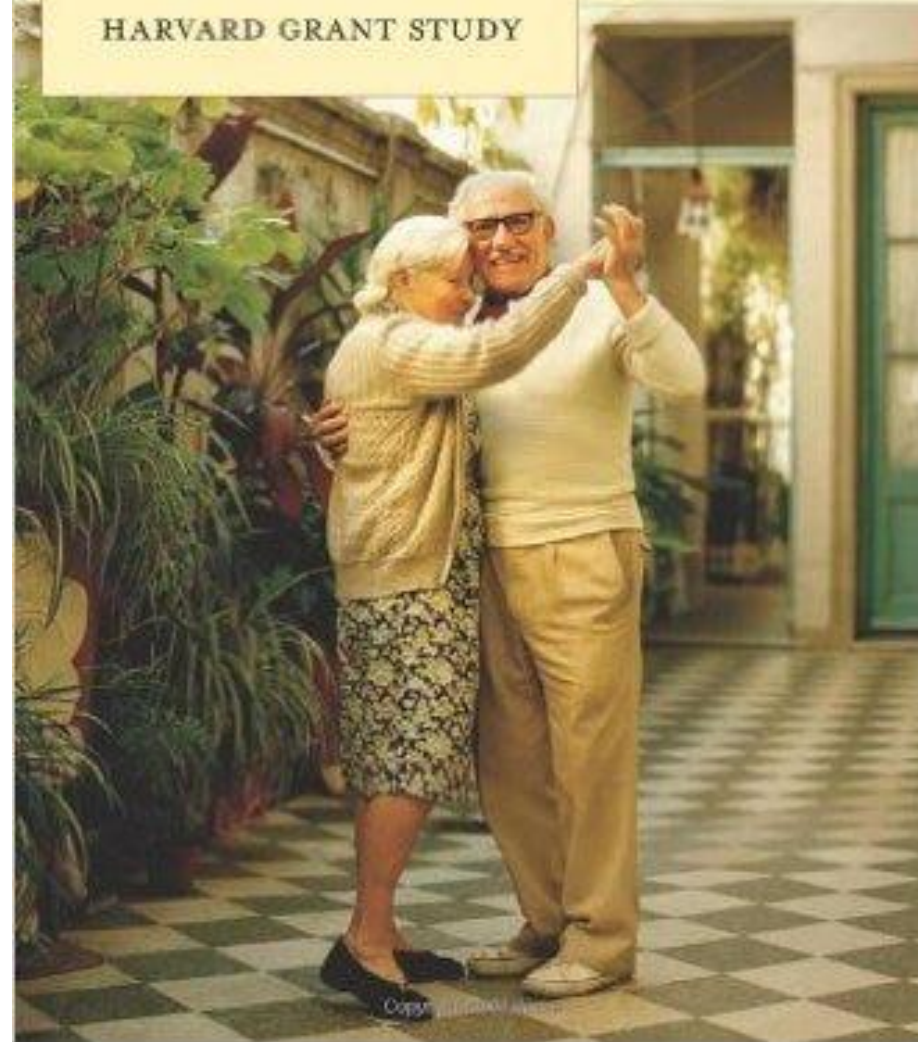
Robert Waldinger, MD
and Marc Schulz, PhD

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GEORGE E. VAILLANT

TRIUMPHS of EXPERIENCE

THE MEN OF THE
HARVARD GRANT STUDY



MR D.



AGE 19



AGE 47



AGE 82

DR. M.



AGE 19



AGE 47



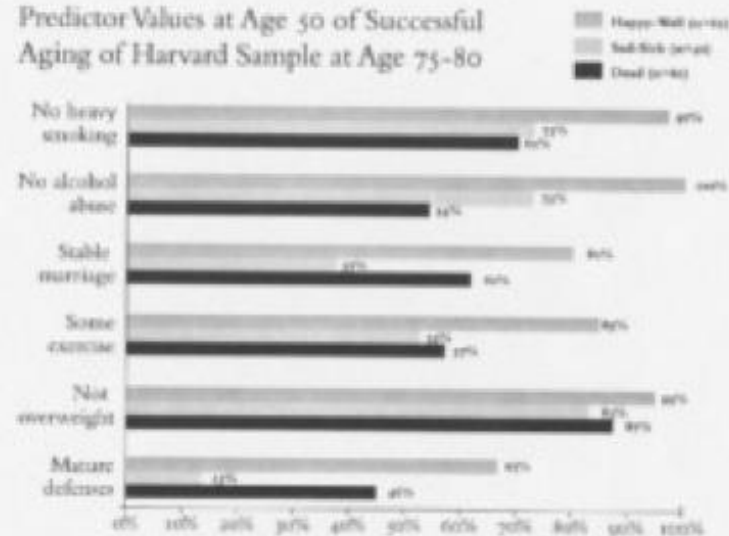
AGE 82

ERRATA

Two charts in *Aging Well* were printed incorrectly. These are the correct versions:

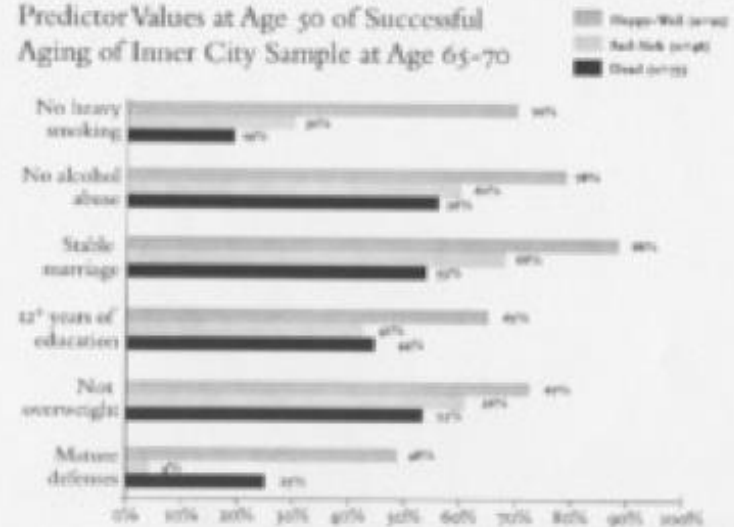
Page 207

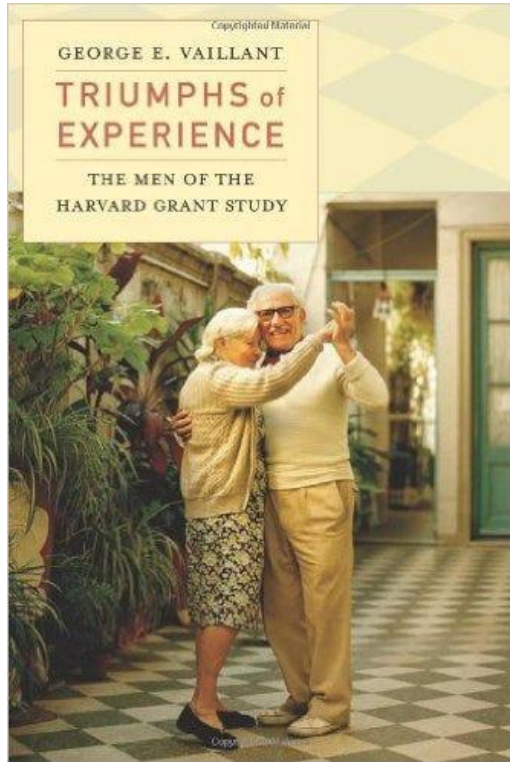
Predictor Values at Age 50 of Successful Aging of Harvard Sample at Age 75-80



Page 209

Predictor Values at Age 50 of Successful Aging of Inner City Sample at Age 65-70





“When the study began, nobody cared about **empathy** or attachment. But the key to healthy aging is relationships, relationships, relationships.”

— George Vaillant,
study director
(1972-2004)



Social
Health

Environ-
mental
Health

Physical
Health

Wellness

Emotional
Health

Mental
Health

1

Why Hold IBMCMC?

International Baccalaureate Mentorship Conference
Goals and Objectives

7:00 Arrival



7:00 Registration



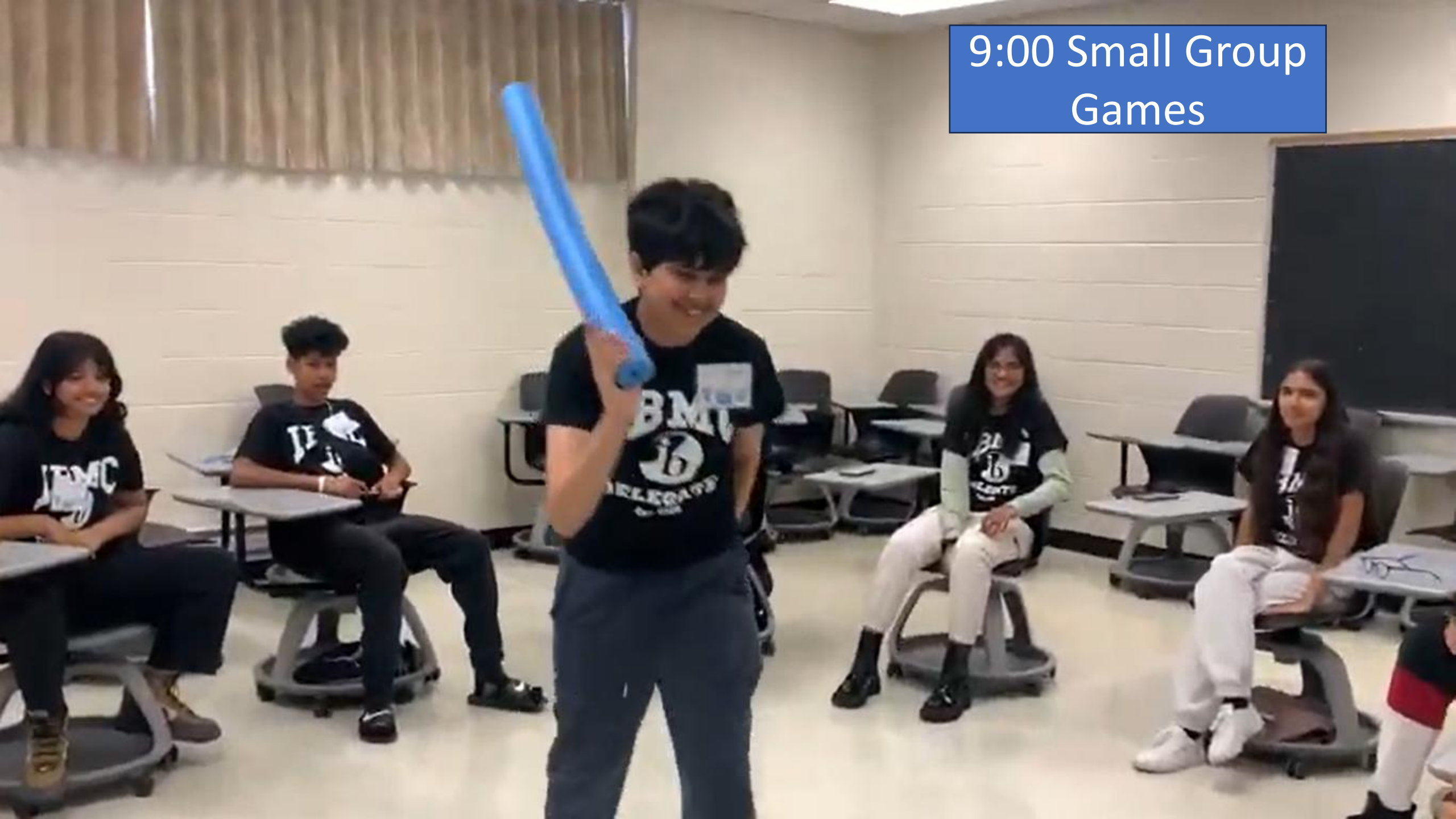
7:15 Small-talk



8:00 Breakfast



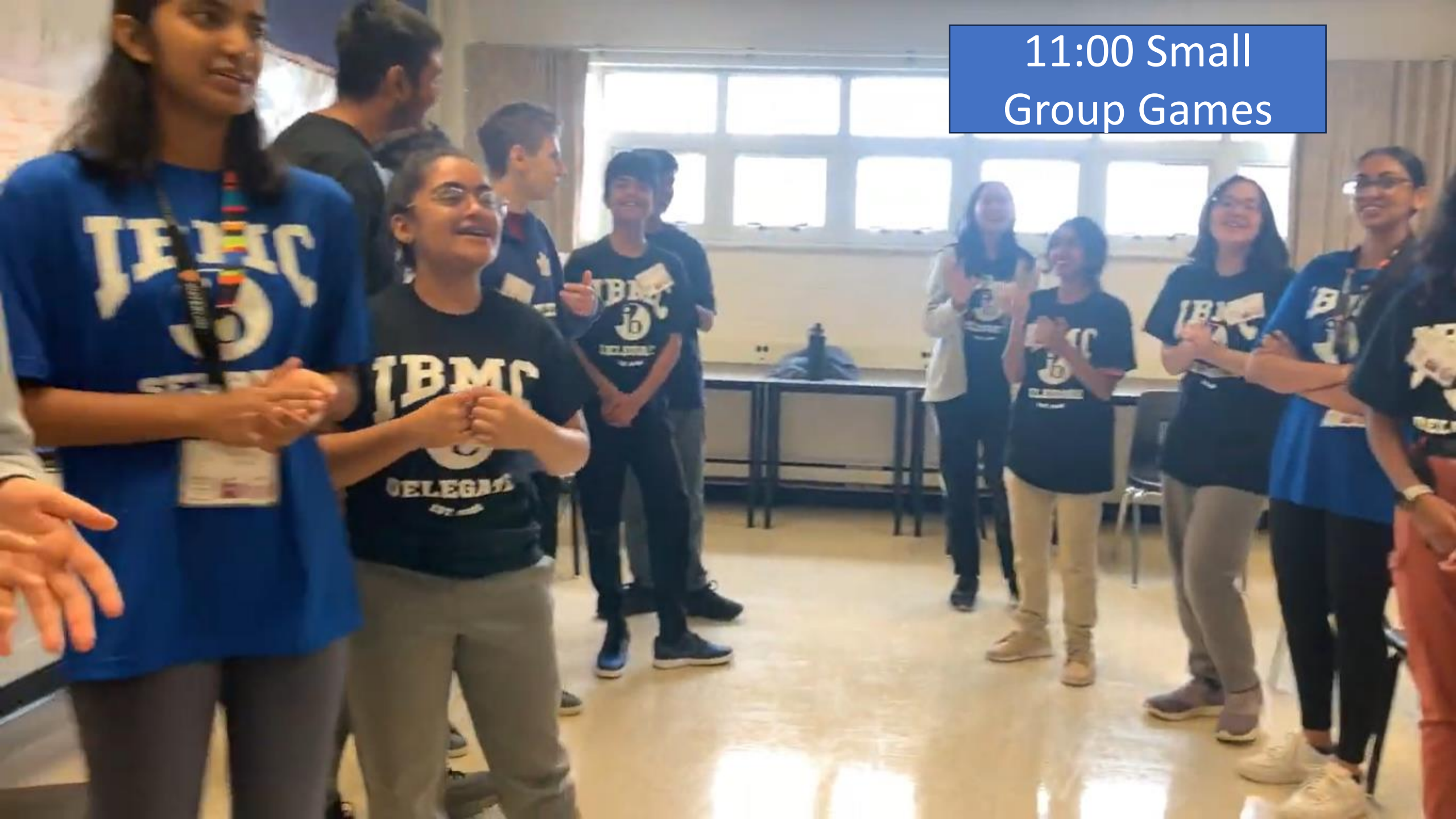
9:00 Small Group Games



10:00 Large
Group Activity
Family Feud



11:00 Small
Group Games



11:30 Small
Group Cheers





12:00 Lunch

1:00 Large-group challenges



1:30 Physical
Competition –
Relay Race



2:00 Creative Problem-Solving Tasks



3:00 Service Project



3:30 Reflection,
Guest Speaker



4:00 Creative Student Performance



4:30 Reflection, Closing Ceremonies



Songs – Break
it Down.

2

Building Community

Skill Building for Small Talk & Gathering Activities

00
am
5
PM

!!



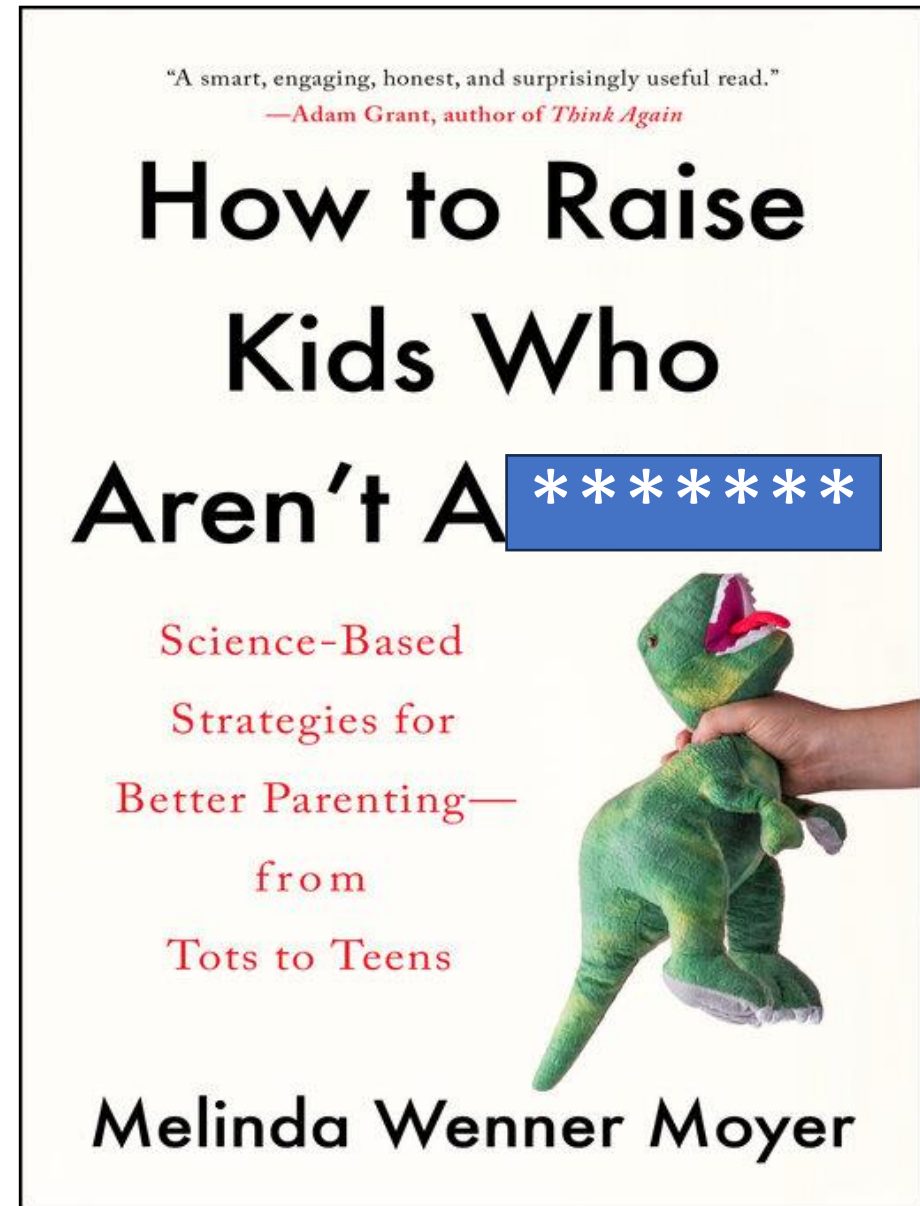




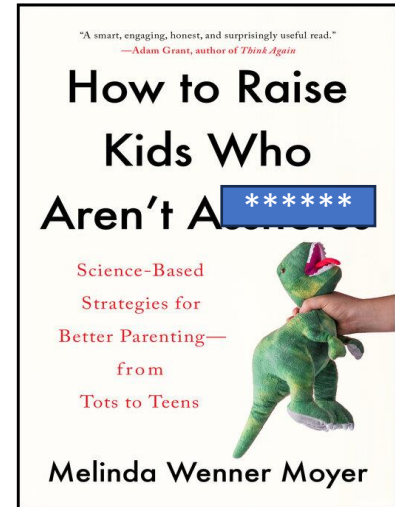




Melinda Wenner Moyer is a journalist who covers parenting, science and medicine.



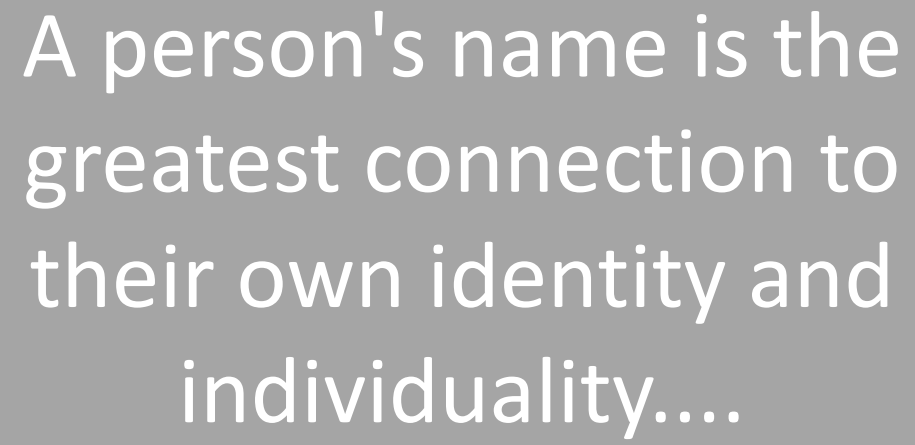
Make your expectations explicit and discuss them as a group.



Nametags

Armadillo

Armadillo



A person's name is the
greatest connection to
their own identity and
individuality....

A person's name is the greatest connection to their own identity and individuality....

Some might say it is the most important word in the world to that person.

A person's name is the greatest connection to their own identity and individuality....

When someone remembers our name after meeting us, we feel respected and more important.

Some might say it is the most important word in the world to that person.

A person's name is the greatest connection to their own identity and individuality....

Some might say it is the most important word in the world to that person.

When someone remembers our name after meeting us, we feel respected and more important.

It makes a positive and lasting impression on us.

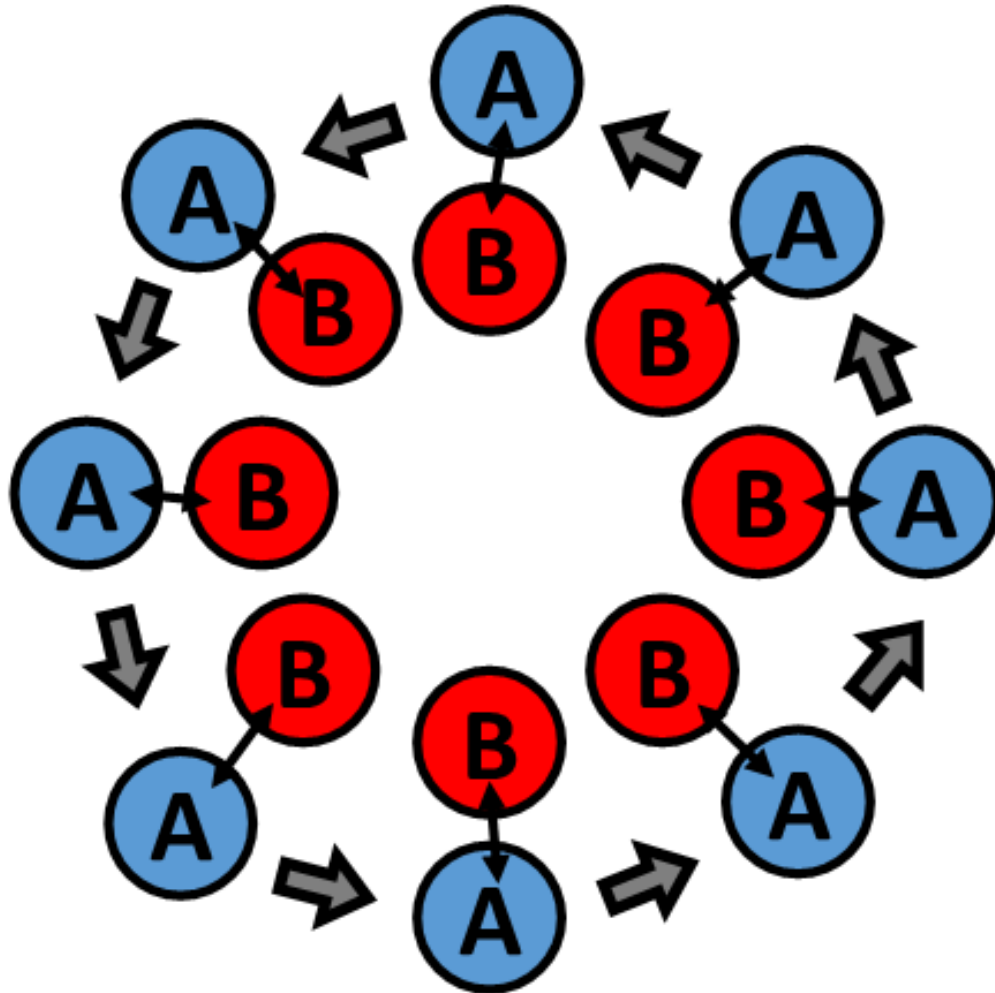


Inside Outside
Circles

Introductions Sequence

(practice each a few times)

1. Simple introductions
2. Topics for everyone: “The weather” or in high-school: “classes”
3. How to toss out topics until you find something in common
4. How to talk to an introvert
5. How to talk to someone who is in grade 9



Introduction



Would You Rather

1. Given a choice.
2. Pick one.
3. Explain why you feel it is better than the other.

Would you rather have **edible spaghetti hair** or **sweat maple syrup**?

Hi, my name is _____, what's your name?

1

Hi, my name is _____, nice to meet you.

Would you rather have the ability to see 10 minutes into the future or 150 years into the future?

What about you?

Play

Oh really. Why's that?

Hi, my name is _____, what's your name?

Hi, my name is _____, nice to meet you.

Would you rather be forced to sing along or dance to every single song you hear?

What about you?

Oh really. Why's that?

Play

Hi, my name is _____, what's your name?

Hi, my name is _____, nice to meet you.

Would you rather give up air conditioning and heating for the rest of your life or give up the Internet for the rest of your life?

What about you?

Oh really. Why's that?

Play

Hi, my name is _____, what's your name?

Hi, my name is _____, nice to meet you.

Would you rather wake up with an elephant trunk or a giraffe neck?

What about you?

Oh really. Why's that?

Play

Three Best

1. Choose your 3 most favourite in the category.
2. Why are they best?

What are the three best fruits?

1. Honeycrisp apples because they are the yummiest apples.
2. Blueberries because my dad grew them and told crazy bear stories about picking them when he was younger. My mom makes a great blueberry pie.
3. Black Raspberries because they can defend themselves (I have scars) and they make the best crisp. Also, I picked them a lot when I was younger.

Hi, my name is _____, what's your name?

1

Hi, my name is _____, nice to meet you.

What are your three best
movies?

What about
you?

I like that one too.

Hi, my name is _____, what's your name?

2

Hi, my name is _____, nice to meet you.

What were your three
favourite children's
shows?

What about
you?

I like that one too.

THINK 'N SYNC™

The Great Minds Think Alike Game

3... 2... 1... Sync! Meld your minds in this hilarious party game of quick connections. Pick a partner and then, at the same time, shout out an answer to the chosen category. Can you both name a movie princess? An ice cream flavor? How about a fast animal? Your answers may be great, but they only score if they're identical! So think quickly, think cleverly, but most importantly- Think 'N Sync!



CONTENTS

225 cards

8 tokens

Rules of play

AGES
12+



20 MINS



3-8
PLAYERS

SUPERHEROES

A superhero with a cape...

A green superhero...

A city a superhero lives in...

A superhero vehicle...

Play

FRUIT

A fruit that has a pit...

A tropical fruit...

A fruit high in vitamin C...

A red fruit that's not an apple...



MD Manual September 2023



Name:

Partner:

Group:

1. Gathering (7:30-8:00)

Group Management Notes	<ul style="list-style-type: none"> Take a picture before you move anything in the room – note the location of the desks, teacher's desk, garbage, recycling and other aspects of the room. You will be responsible for returning the room to its original condition at the end of the day. At least one delegate will arrive before 7:30, enlist them to help you set up the room. Use SMALL TALK TOPICS below to chat with them. Move aside the desks, make a circle of chairs. Lay out the nametags. Assign one MD to watch the door and greet people. Greet them with: "Hi, my name is _____, what's your name?" They should bring the student into the room, give them a nametag and lead them over to the other MDs. Say, "This is _____. They will get you started in a game" The second MD plays WOULD YOU RATHER until you get about 1/3 of the grade nines. Then the second MD should switch to the name games By the end of this session, all MDs should know all of the names of the grade 9s.
------------------------	---

1.1 General Small Talk Topics

When you are bringing up topics, have a story ready. Make some quick notes now.

1. Middle school	
2. Favourite teacher	
3. Favourite class	
4. Favourite club/school extra curricular	
5. Favourite Movie, YouTube Channel, TV Show, Twitch channel	
6. Favourite Sport	
7. Favourite Video game, App, Social Media	

1.2 Would You Rather

- Play with a small subset of your group. The purpose of the game is start talking.
- The leader (or a player after a few games) poses two made-up scenarios – both problematic – to the other players.
- Each player must then choose which situation they would rather, and most importantly, explains WHY.
- Based on the group, you might comment on the player's answer. Others should weigh in with their answer.
- When you are ready, move on to a new question.

Some "Would You Rather" questions to get you started:

- Would you rather have your house be too dark in the daytime or too light when you're trying to sleep?
- Would you rather always have to yell "TA-DAH! I'M HERE!" when you enter a room, or always have to whisper?
- Would you rather discover hidden treasure or a living dinosaur?
- Would you rather your only mode of transportation be a donkey or a giraffe?
- Would you rather only be able to use a fork (no spoon) or a spoon (no fork)?
- Would you rather have edible spaghetti hair that regrows every night or sweat (not sweet) maple syrup?
- Would you rather have to read aloud every word you read or sing everything you say out loud?
- Would you rather wear a wedding dress/tuxedo every single day or wear a bathing suit every single day?
- Would you rather there be a perpetual water balloon war going on in your city/town or perpetual food fight?

- Would you rather become twice as strong with fingers stuck in your ears or crawl twice as fast as you can run?
- Would you rather eat a sandwich made from 4 ingredients in your fridge chosen at random or eat a sandwich made by a group of your friends from 4 ingredients in your fridge?
- Would you rather live without the internet or without AC and heating?
- Would you rather be able to teleport anywhere or be able to read minds?
- Would you rather be unable to use search engines or unable to use social media?
- Would you rather fold laundry or do the dishes?
- Would you rather sail around the world or fly to the moon?
- Would you rather always carry a very heavy backpack or always forget something?

1.3 Fast Name Circle

- Everyone sits in a circle. Go around the circle and everyone says their name.
- Time the process of everyone saying their name in a circle. See how fast you can go.
- To add competition, split your group into two or more and make it a race.
- Alternatively, each time around the circle say your name faster AND LOUDER.

1.4 Name Wave

- The First person says: "Hi my name is Avneet!" and waves.
- Then, going around the circle each person stands, and waves, and says "Hi Avneet!"
- Then, the second person goes and so on until everyone has had a chance to say hello.

1.5 Action Names

- Sit everyone in a circle.
- Start the story by saying, "My name is Amanda and I add." (or whatever your name is with an action that has the same letter as one that starts with your name).
- The person next to you says yours, does your action, and adds their own. "I'm Gretal and I gasp"
- Once it goes all around the circle, both MDs should demonstrate everyone's names and action.

1.6 Rhythmically Speaking

- Create a beat on your knees. (Tap tap rest rest) On the tap hit your knees, on the rest put your hands upside down on your knees.
- Call out a category (name, favourite food, favourite sport, favourite class, colour), then go around the circle.

1.7 Speed Conversation

- Everyone should Pair up.
- The leader reads a topic, and the pair get a half minute to discuss it.
- Repeat... find a new partner and discuss a new topic.

Speed Conversation Topics:

- What courses are you taking this semester?
- What was your middle school?
- What is your favourite computer game?
- What did you eat for breakfast?
- What is your favourite colour? Why?
- What is your favourite kid's show?
- How long did it take you to get here today?
- What is your favourite superhero?
- Which do you prefer: Math or Science?
- What is your favourite sport?
- What is your favourite food?
- Where would you like to visit?
- What is your favourite social media?



BEST DAY EVER

CONFERENCE TO PROMOTE STUDENT WELL-BEING

Learn how to start your IB school year with the best day ever. This session will cover how to plan an engaging and fun-filled conference to promote wellness through inclusive education and well-being. By centering conference design around emotional, physical, mental and social well-being, you will learn how to help students develop resilience, self-management, and creative problem-solving skills. Our conference session focus on the integration of the ATLs with student well-being at forefront.

Watch interactive demonstrations of conference activities lead by IB diploma students. Filled with engaging student-centered activities, templated resources for training sessions, and a model for conference development. All games, conversation starters and resources will be available digitally for immediate implement at your home school.

OVERVIEW OF PAST CONFERENCES



2016 Conference Highlights



2017 Conference Highlights



2018 Conference Highlights





3

Show, Don't Tell

Theory of Mind

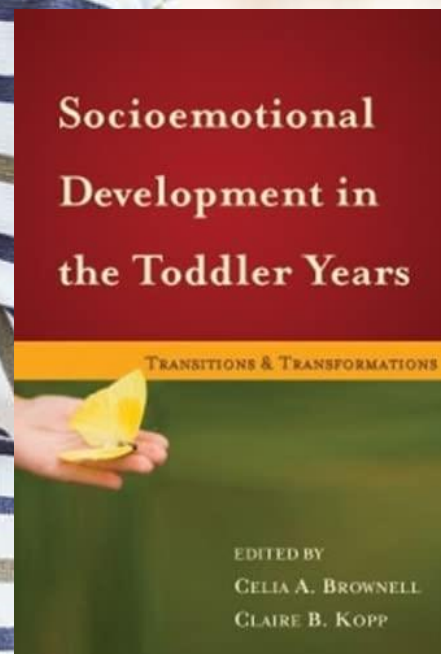
MD Sessions and Teaching the Students to Teach



Theory of Mind



Celia Brownell, 2013 Study,
University of Pittsburgh.





Christmas night is the night
that everybody has been waiting for,
children were nestled in their beds.



Animals in the woods,
and even the gingerbread man
was also waiting for this night.



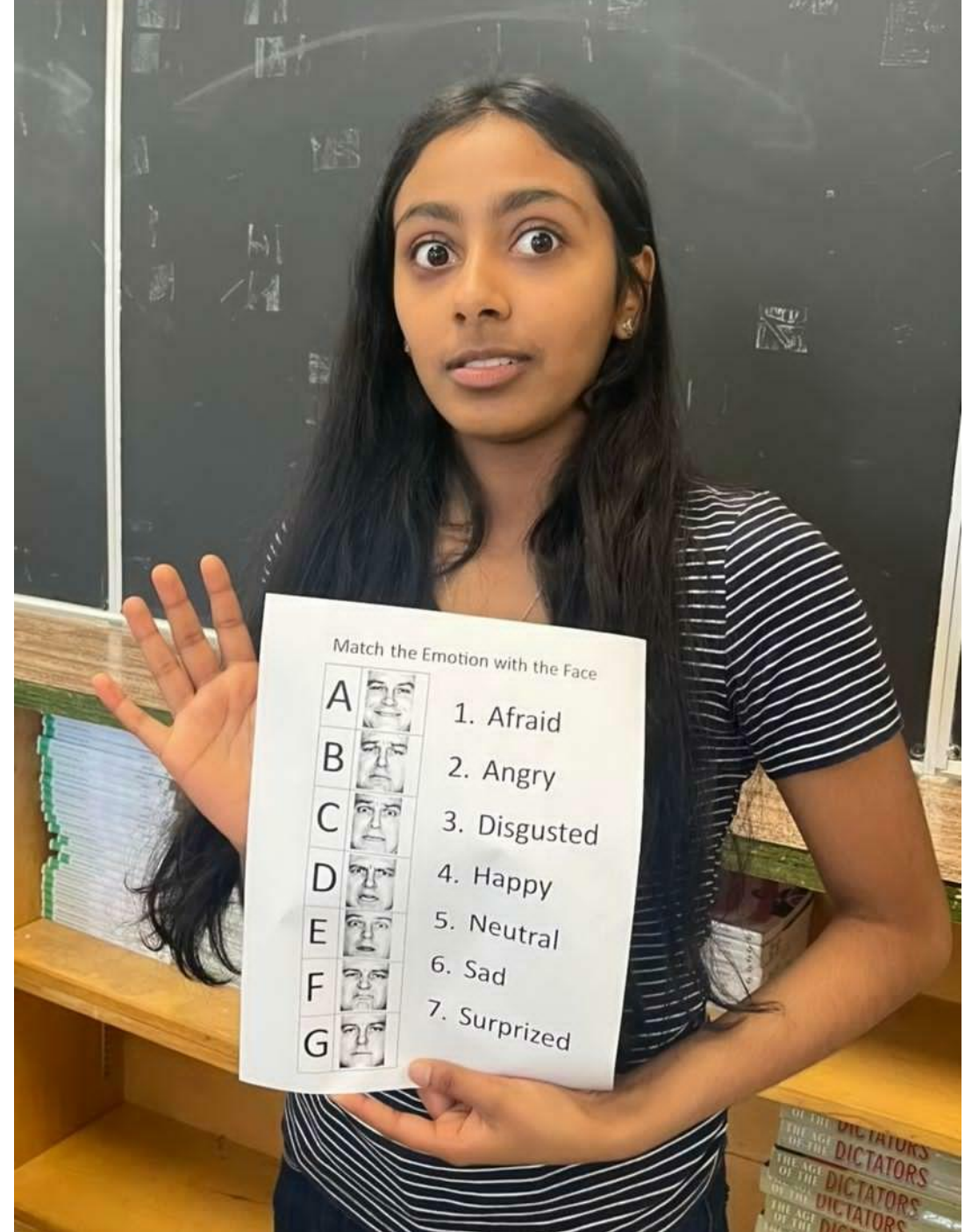




It is important to teaching students how to read, label and understand emotions.

That might not seem like a skill as important as arithmetic or literacy, but research is starting to suggest otherwise.

Kids have to recognize and understand emotions in order to figure out and manage their own feelings.



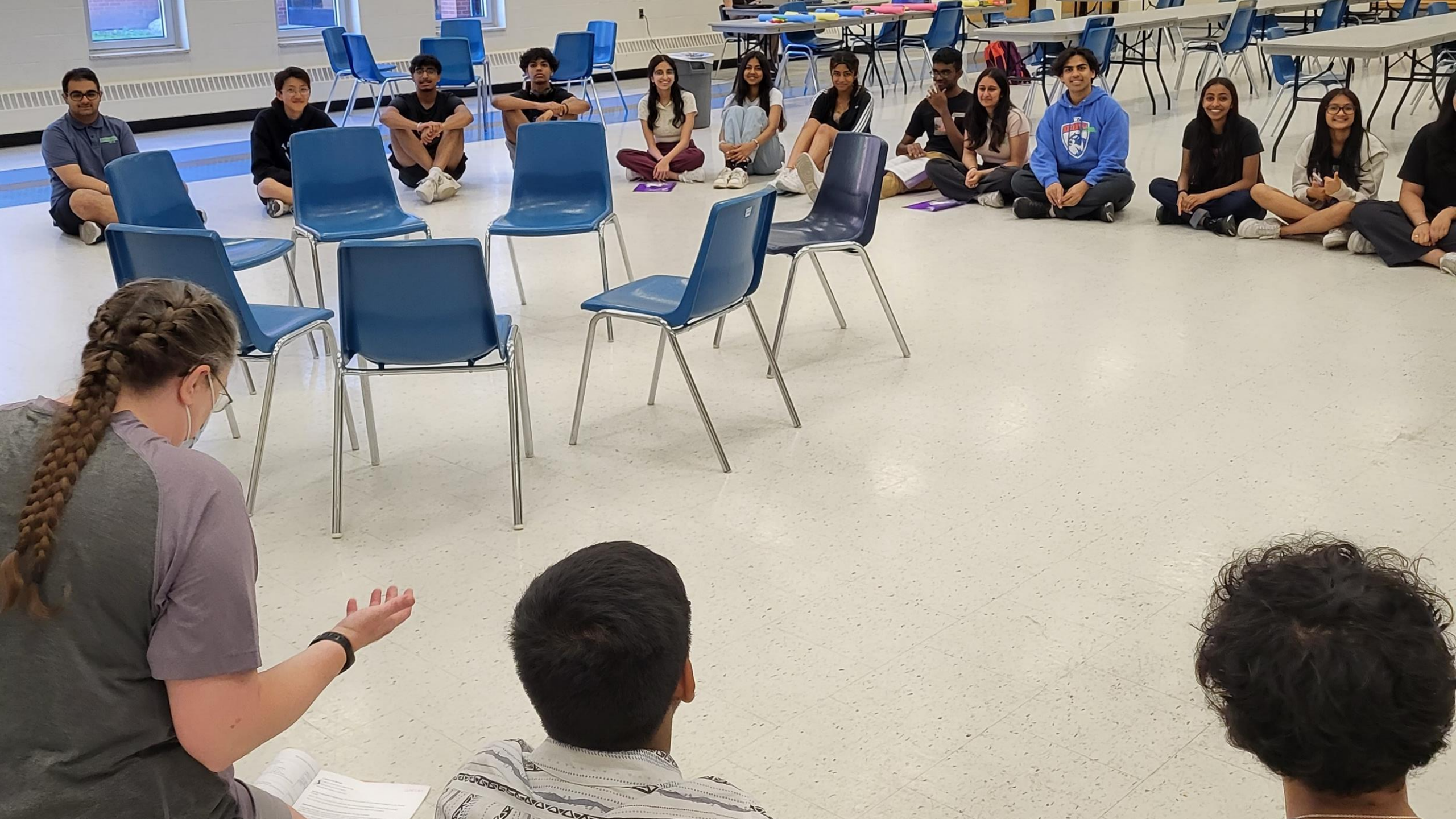


Good/Bad skits





Delegate Skits










Match the Emotion with the Face



1. Afraid
2. Angry
3. Disgusted
4. Happy
5. Neutral
6. Sad
7. Surprized








Emotion
Identification

Match the Emotion with the Face








A		1. Afraid
B		2. Angry
C		3. Disgusted
D		4. Happy
E		5. Neutral
F		Sad
G		Surprized



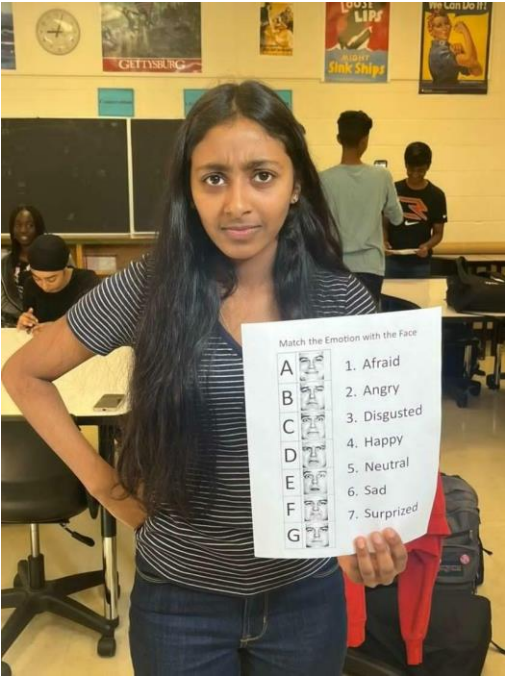
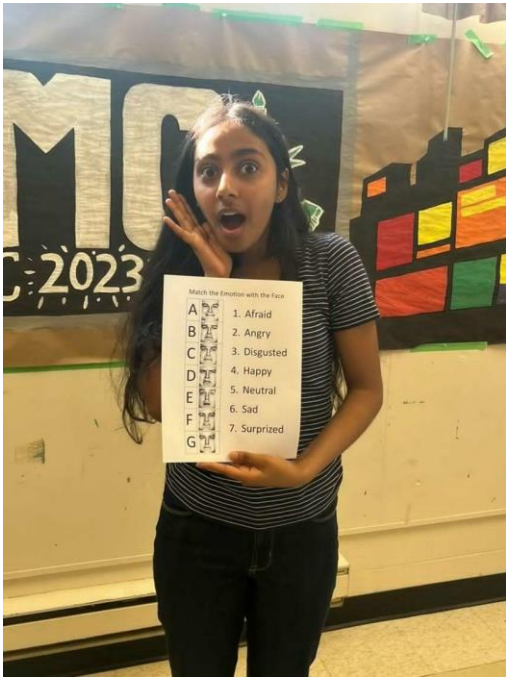
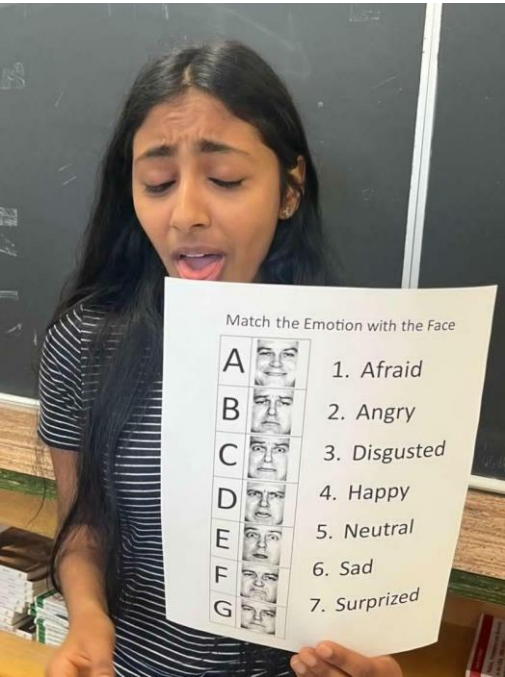
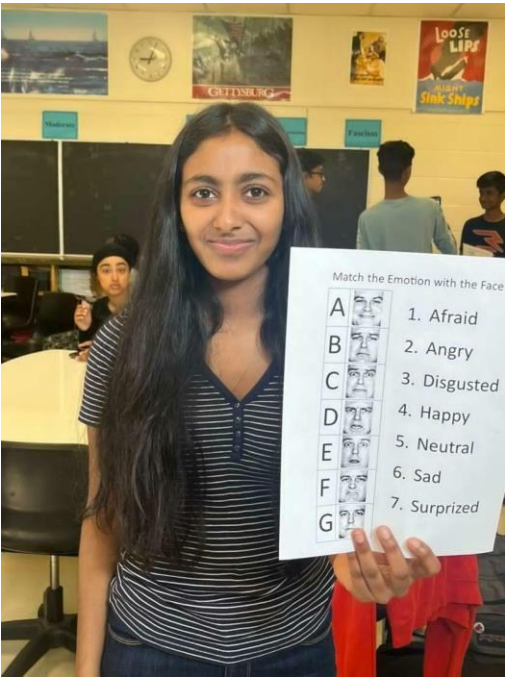
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
Emotion Acting





“Why do we have to do this?”
Doesn't get asked.








Match the Emotion with the Face

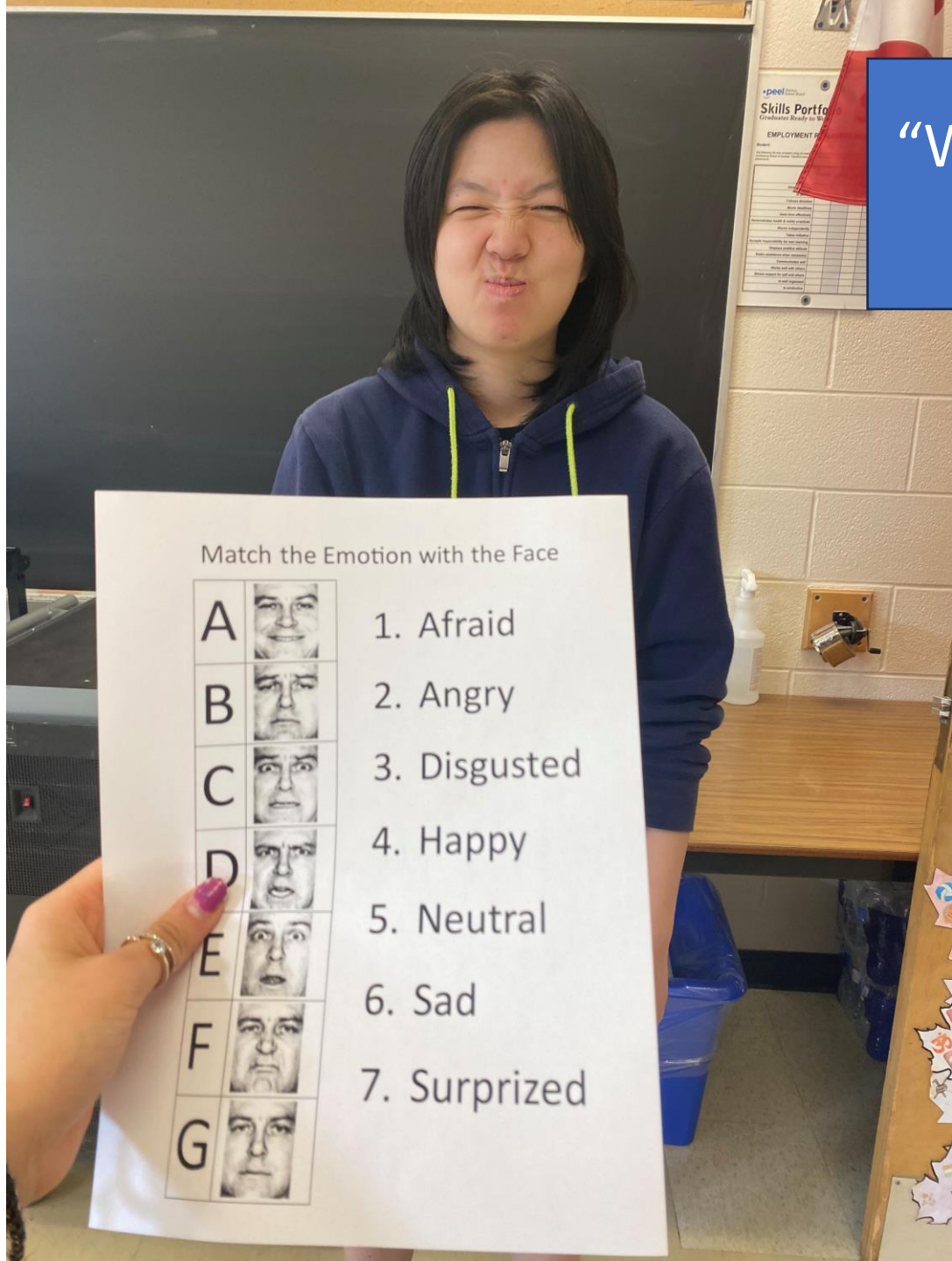
- | | | |
|---|---|--------------|
| A |  | 1. Afraid |
| B |  | 2. Angry |
| C |  | 3. Disgusted |
| D |  | 4. Happy |
| E |  | 5. Neutral |
| F |  | 6. Sad |
| G |  | 7. Surprized |

“Why do we have to do this?”
Doesn't get asked.

There is a practical application of
all the learning. The student
leaders pay attention to do a
good job.

Match the Emotion with the Face

- | | | |
|---|---|--------------|
| A |  | 1. Afraid |
| B |  | 2. Angry |
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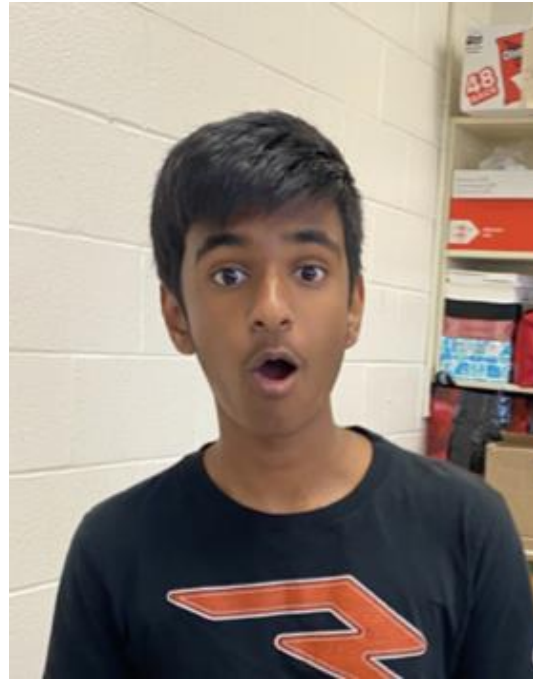


“Why do we have to do this?”
Doesn't get asked.

There is a practical application of all the learning. The student leaders pay attention to do a good job.

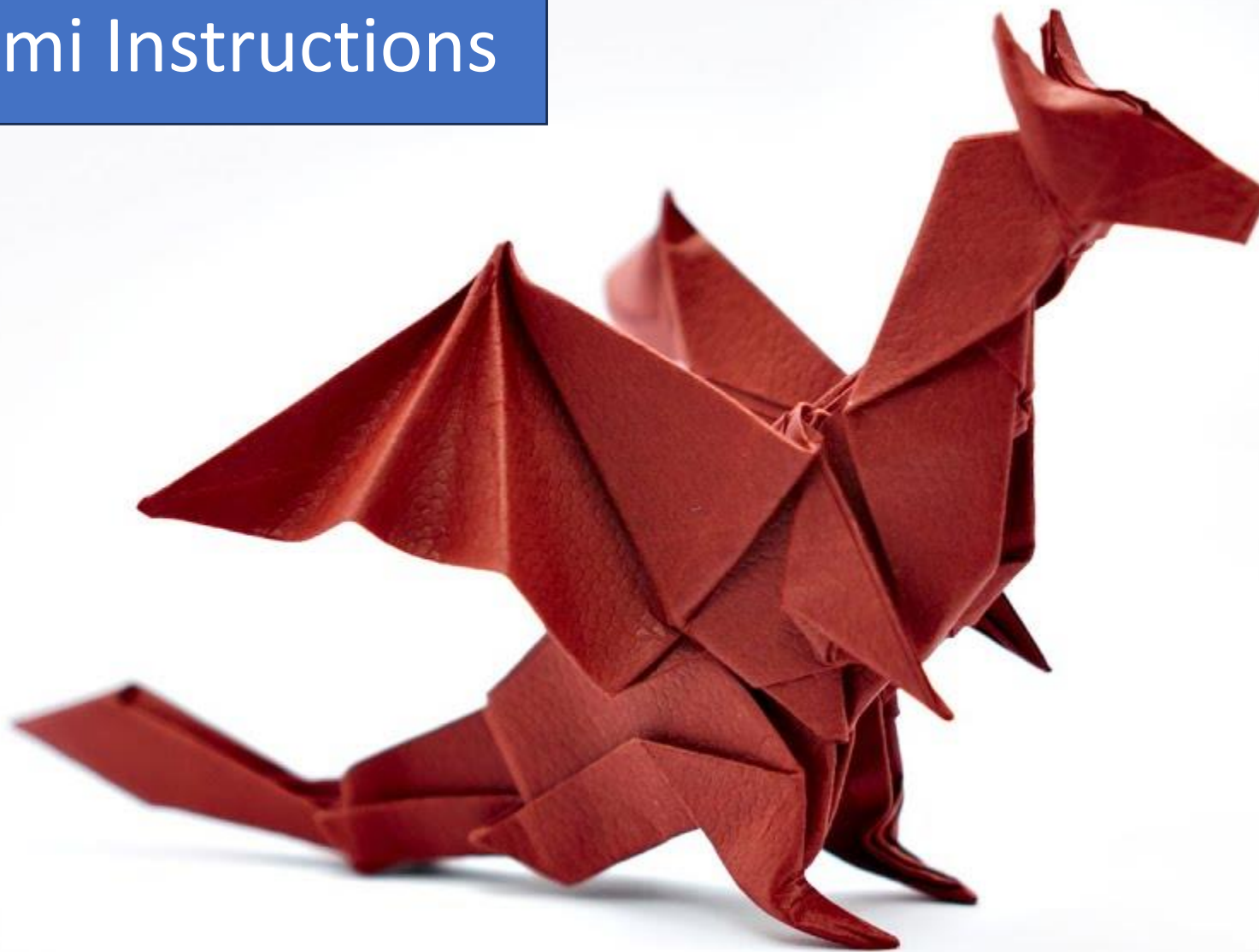
This is the beauty of a leadership conference.

You will be able to ask the student leaders to do any number of activities that will improve their OWN emotional understanding under the guise of helping others.





Origami Instructions



Play









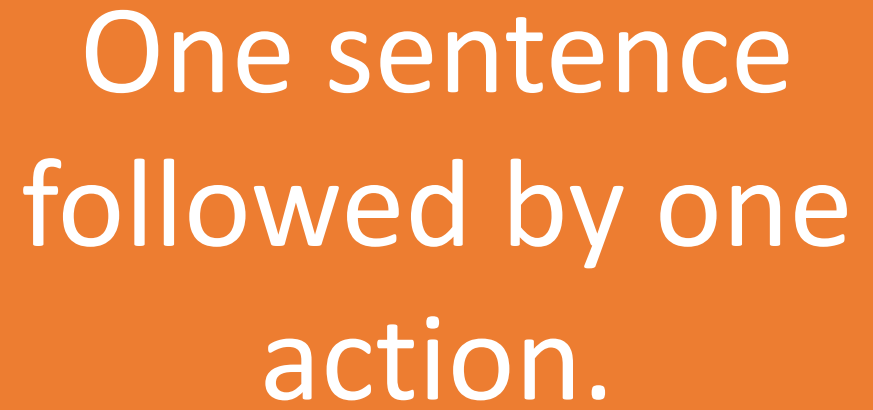




Show, don't
tell.

A blue speech bubble with a white border and a tail pointing to the left. It contains the text "Show, don't tell." in white, sans-serif font.

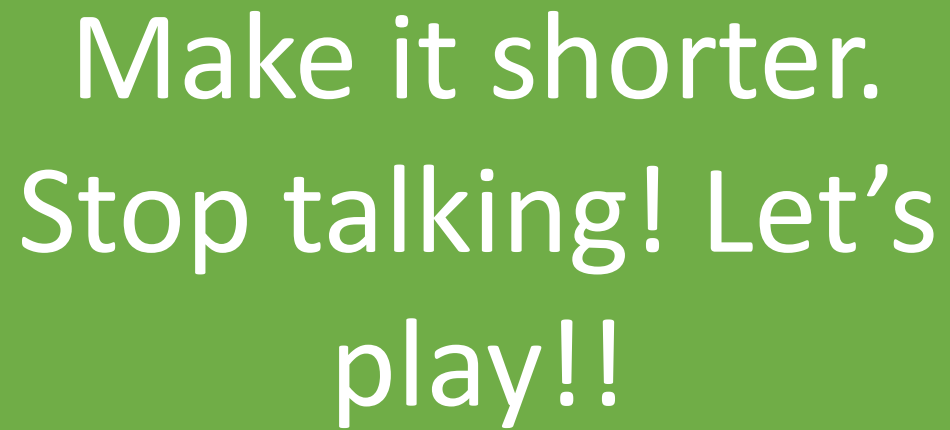
Show, don't
tell.

An orange speech bubble with a white border and a tail pointing to the right. It contains the text "One sentence followed by one action." in white, sans-serif font.

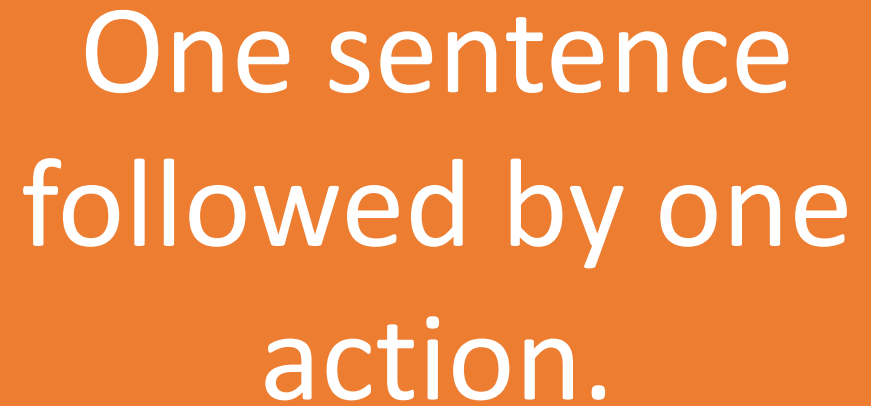
One sentence
followed by one
action.

A blue speech bubble with a white outline and a tail pointing to the left. It contains the text "Show, don't tell." in white, sans-serif font.

Show, don't
tell.

A green speech bubble with a white outline and a tail pointing to the bottom-left. It contains the text "Make it shorter. Stop talking! Let's play!!" in white, sans-serif font.

Make it shorter.
Stop talking! Let's
play!!

An orange speech bubble with a white outline and a tail pointing to the bottom-right. It contains the text "One sentence followed by one action." in white, sans-serif font.

One sentence
followed by one
action.

Show, don't
tell.

Make it shorter.
Stop talking! Let's
play!!

One sentence
followed by one
action.

Act it
out.



Training Sessions

Sing Old Mac Donald

Training 1:
Introductions,
Get to know you games,
Cheers/Songs.

Training 2:
ATL Games
Conversation Games
Cheers/Songs.

Training 3:
MD Skits
How to lead a Game
Meet your Partner

Training 4:
Delegate Skits
How to lead a Game
Plan a Cheer

Training 5:
Perform your cheer.
Conversations practice.
Games & Songs practice.

Training 6:
Plan your day. Divide work.
Pack your supplies.
Emergency preparedness,

Happy Salmon



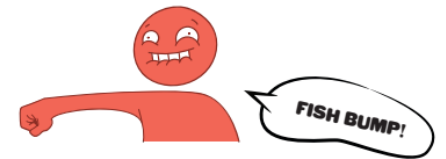
FISH BUMP



Make a fist and then bump your front knuckles into your partner's front knuckles.

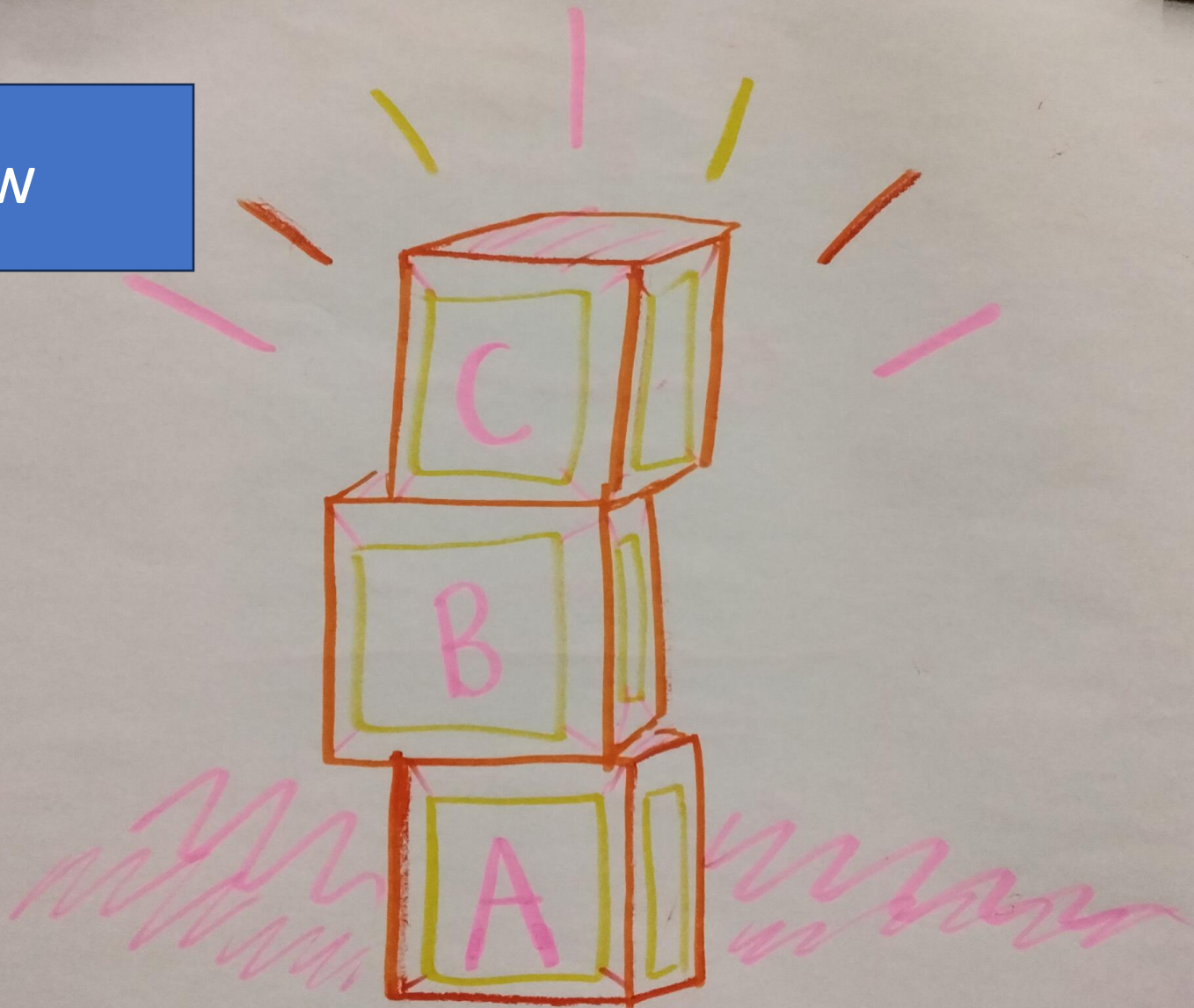


How to get attention:
Hold out your fist while shouting "Fish Bump!"

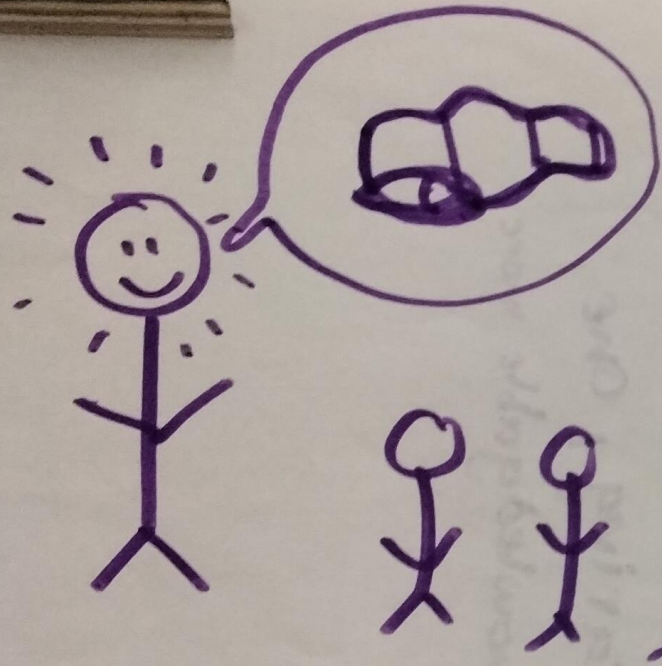


Pras
Permian

ATL Review



Communication is the BUILDING BLOCK of success - *alveto*



Skills Reflection

Leave a Positive
impact in the
room so that people
remember you based
on what you contributed to, rather than your name

4

Best Day Ever

Leadership, Team Building and Singing



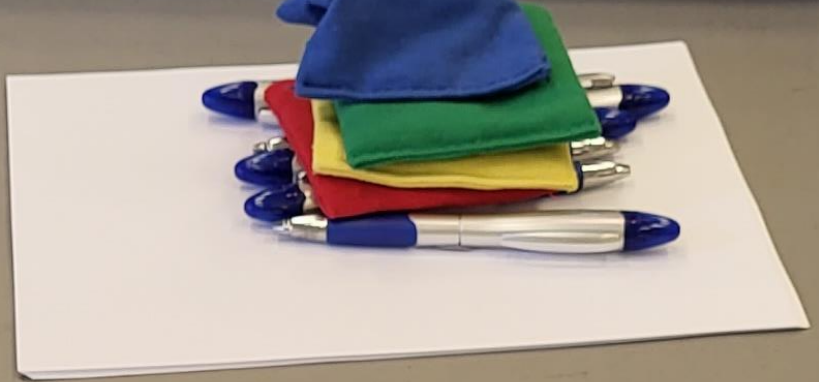
Careful planning,
detailed schedule



Francis
IBMC

IBMC
CHAMPION OF THE WORLD

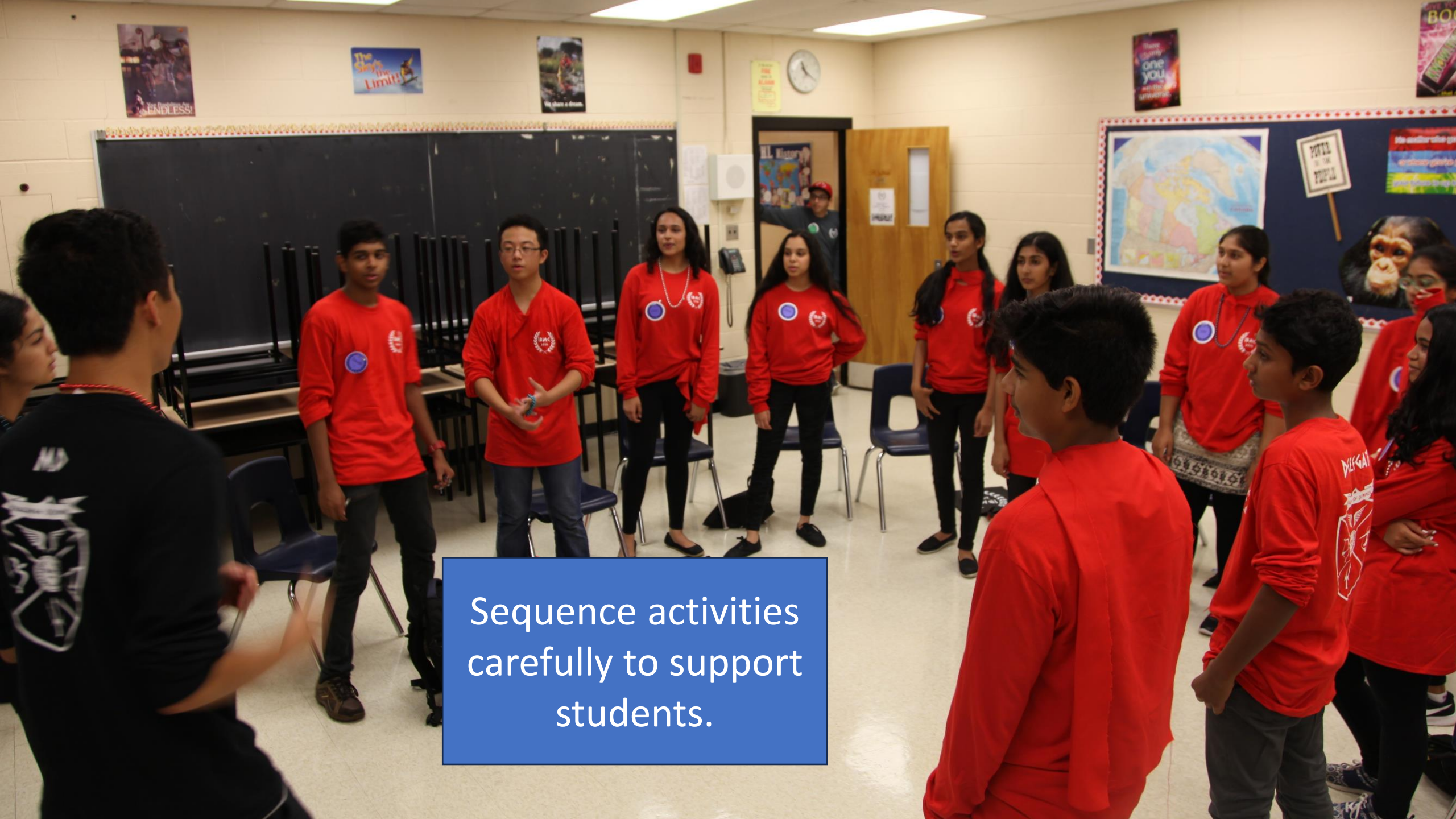
This is part of the creative student performance at the end of the day.



Songs –Trojan.



Sequencing



Sequence activities carefully to support students.



Being Fully Present



95%

45%

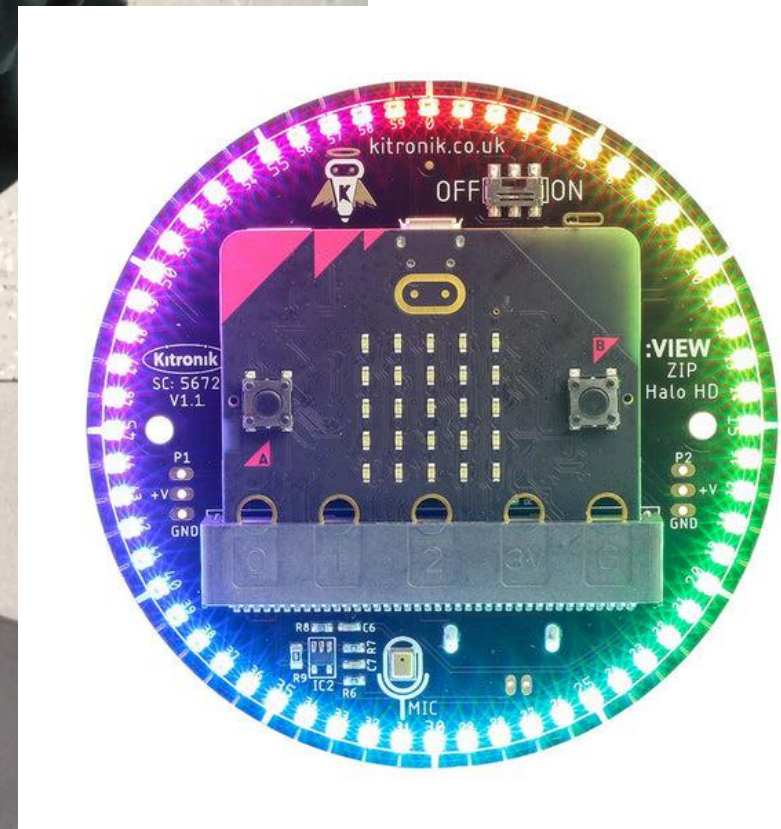
7.5



Pew
Research
Center







Bring around
the dice and
lights.



5

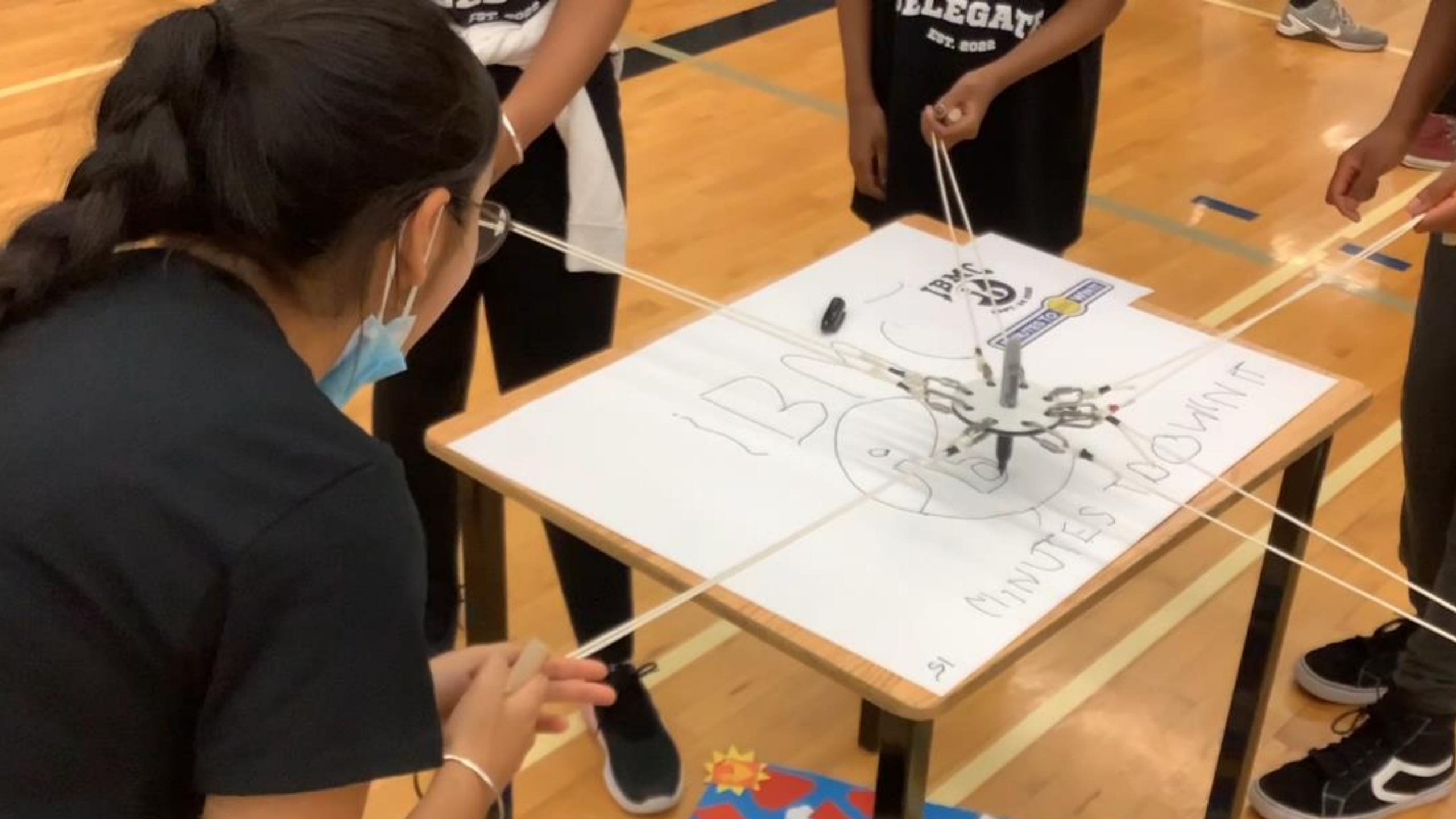
ATLs & Giving Back

Community Projects, School Opportunities

Giving Back







ONTARIO SCHOLASTIC
BASKETBALL ASSOCIATION

HOME OF THE

TRAMPOLINERS

TEAM
INTERAC

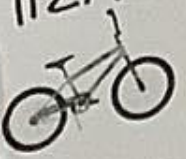





avigo

ITEM NO: 112742 OF 187
C/NO:
SIZE: 20 INCH
STYLE: BOYS
COLOR: LIME GREEN

112742



To recipient,
We worked very hard to make this bike
and we sincerely hope that you love it.
Happy Riding!
With love,
Team 4.2

 **BONDING FOR
A CAUSE.**



Plitter

avigo





Delegates

Security

Marshalls

C-Com

MDs -
Group
Leaders

Exec

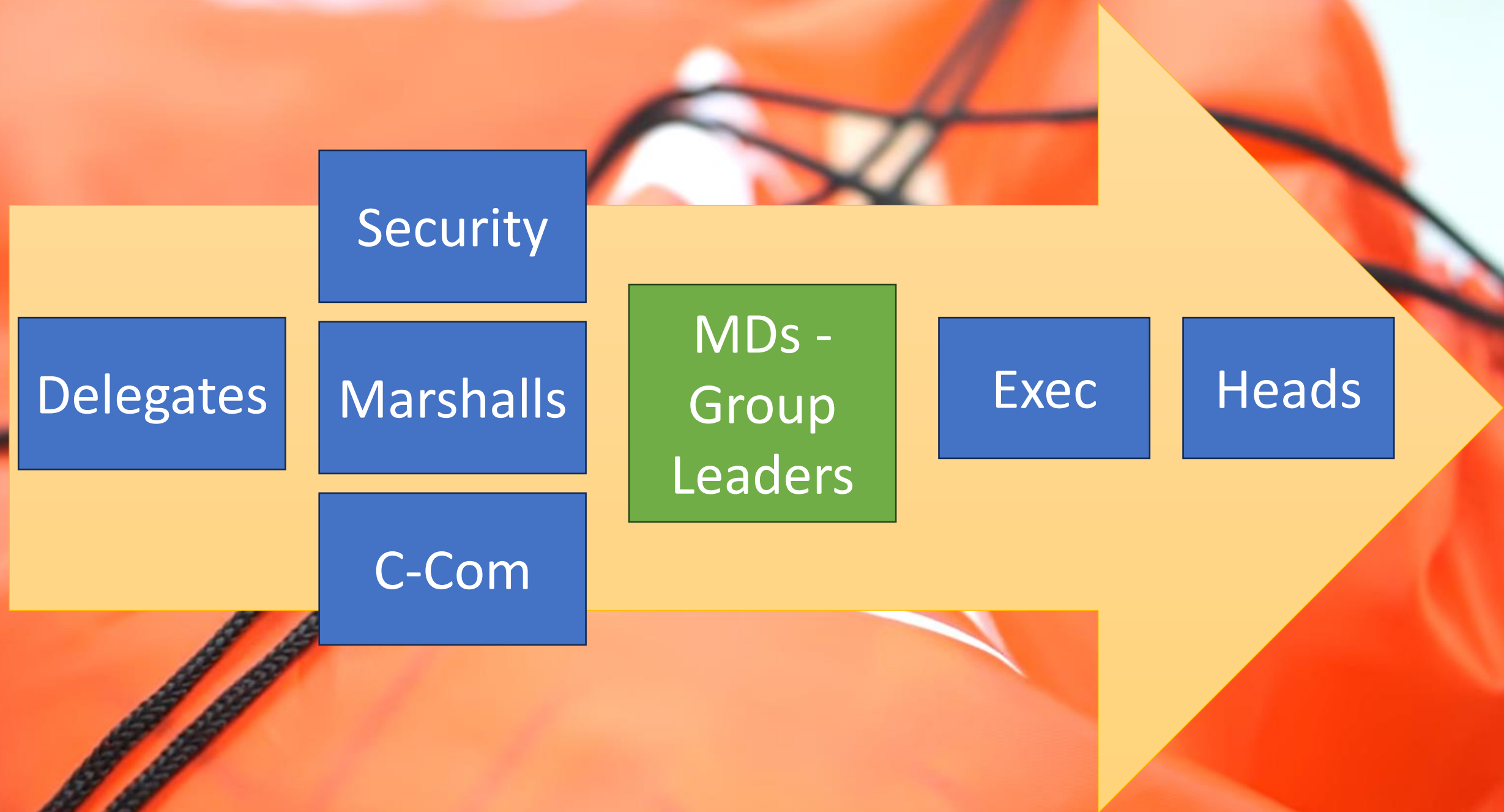
Heads



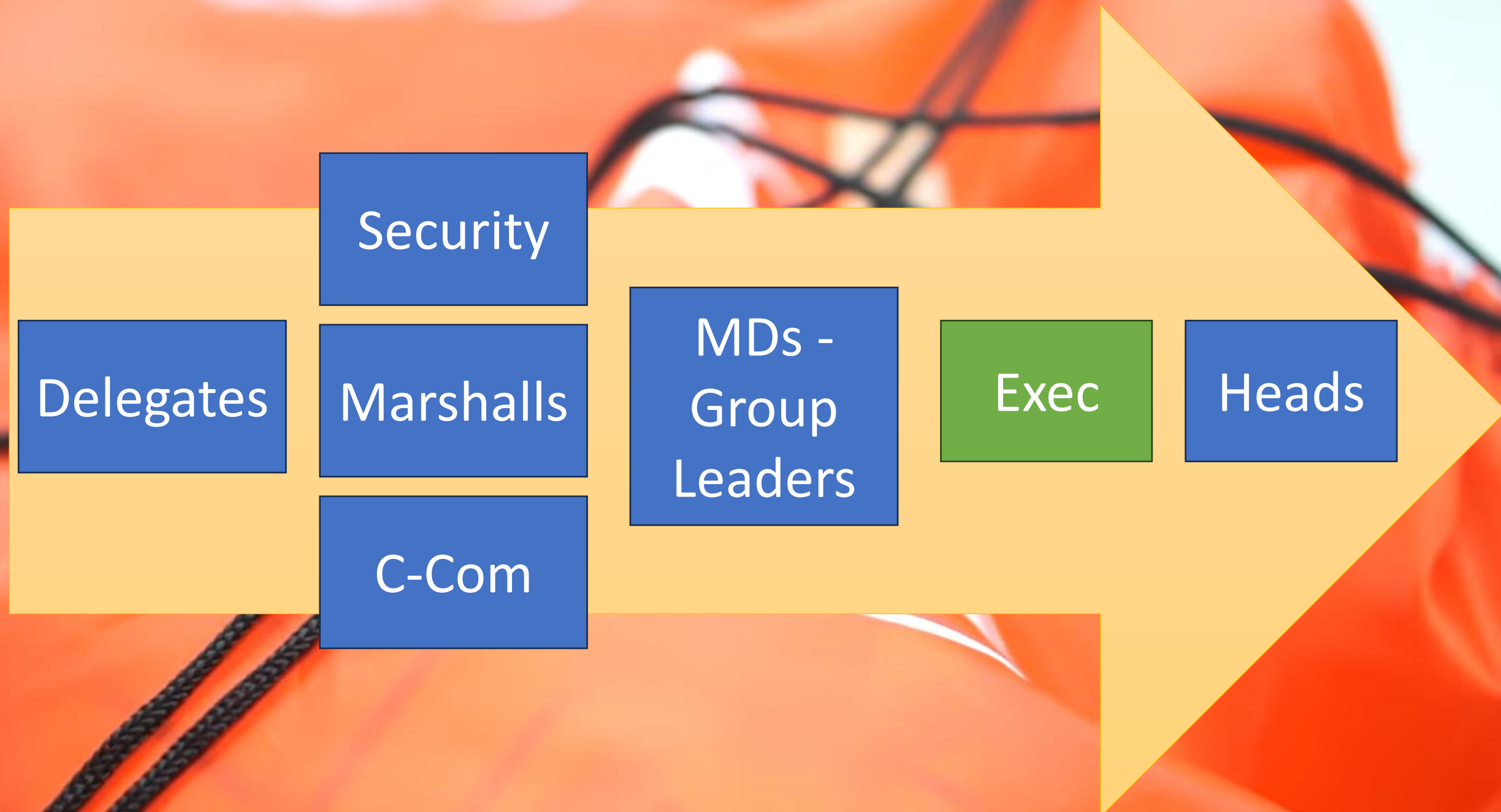












Delegates

Security

Marshalls

MDs -
Group
Leaders

C-Com

Exec

Heads





George Washington is known to have said that the only way to get ahead is to get ahead.

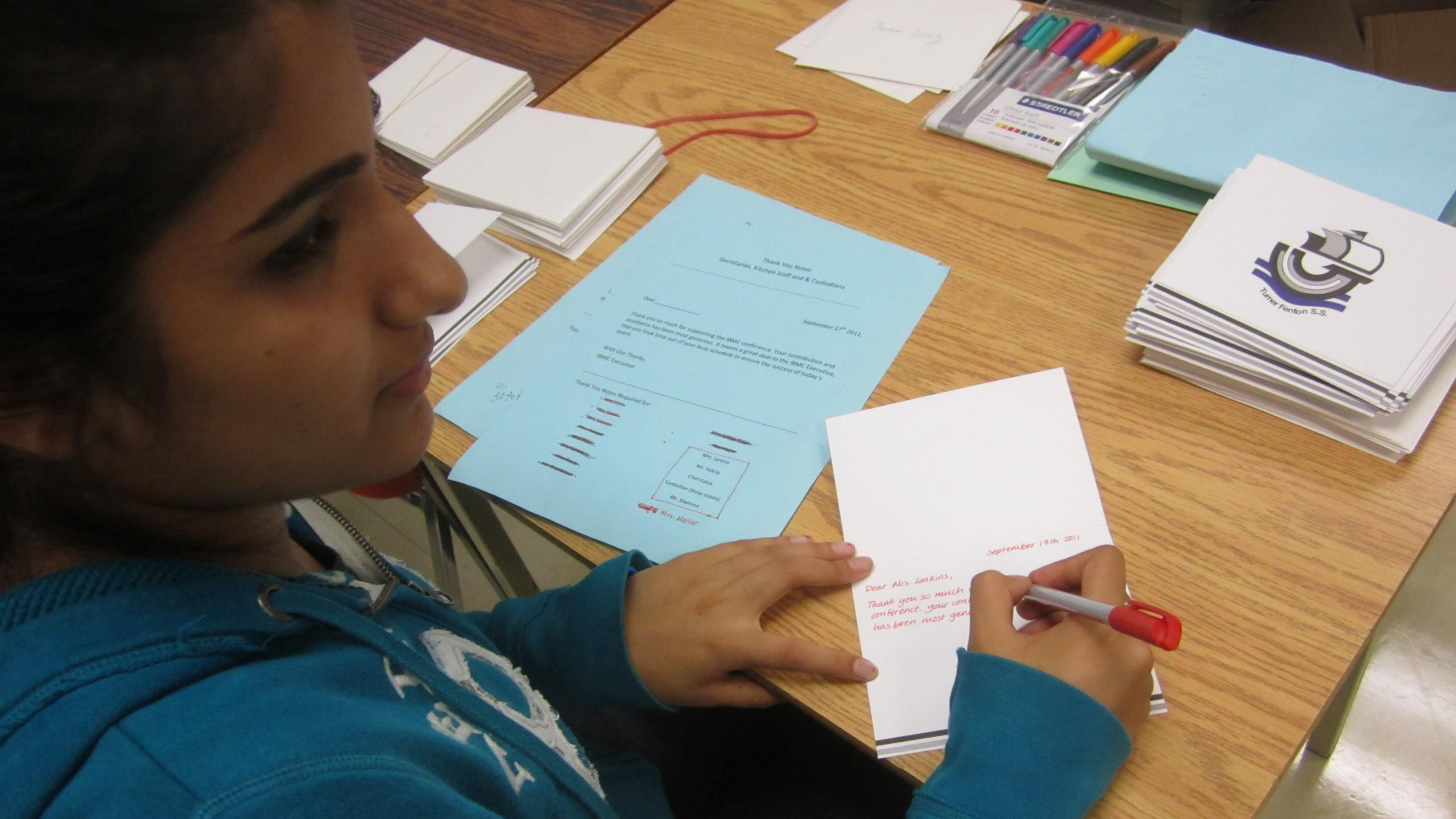
There is no such thing as a free lunch. If you want to get ahead, you have to work for it.

Success is not a matter of intelligence, but of habit.



at Bags
- ball's
- machine
- rock, host's
- st. band

AERON



Thank You Notes
Secretaries, Kitchen Staff and Custodians

September 17th 2011.

Dear _____

Thank you so much for supporting the IBMC conference. Your contribution and assistance has been most generous. It means a great deal to the IBMC Executive, that you took time out of your busy schedule to ensure the success of today's event.

With Our Thanks,
IBMC Executive

Thank You Notes Required for:

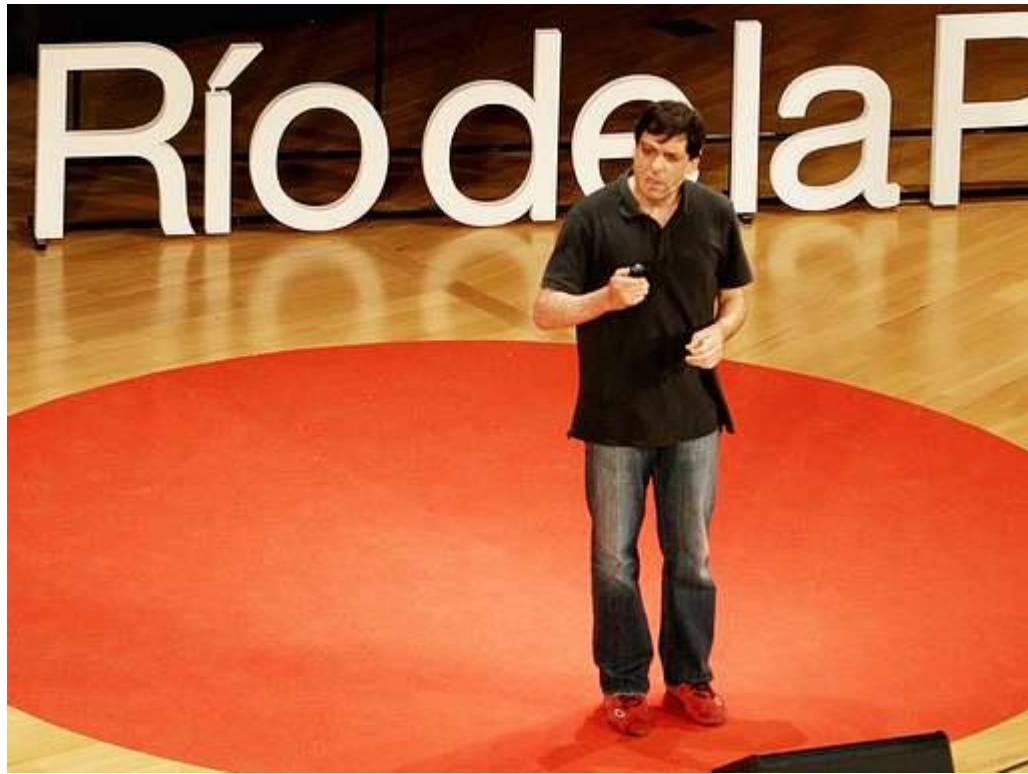
- Mrs. Lankins
- Mr. Felico
- Chef Galea
- Custodian (three copies)
- Mr. Shannon

Mrs. Miller

September 17th 2011

Dear Mrs. Lankins,
Thank you so much for supporting the IBMC conference. Your contribution and assistance has been most generous. It means a great deal to the IBMC Executive, that you took time out of your busy schedule to ensure the success of today's event.





Dan Ariely

Professor of psychology and behavioral economics at Duke University

Author of Predictably Irrationally, The Upside of Irrationality



Beach Happiness



Marathon Happiness



Delegates

Security

Marshalls

MDs -
Group
Leaders

Exec

Heads

C-Com



6

Final Thoughts

Wellness, Accomplishment, Community





TURNER FENYON JB