



Wish Well Ritual Plan

Wishing well offers children (and adults) a way to support others and calm themselves. The Wish Well Board is a visual way to aid children in wishing others well. Use this Wish Well Ritual Plan to map out how you will incorporate wishing well into your classroom.

Wishing well allows children to help others when there is no physically tangible way to offer their help.

To wish well:

- 1) Put your hands over your heart.
- 2) Take a deep breath in.
- 3) Pause and picture something precious in your mind.
- 4) Breathe out while opening your arms and sending those precious, loving thoughts out to the person you are wishing well.

The Wish Well Board is used for the Wish Well Ritual. When you want to wish someone well, you place their picture or name in the heart inside your Wish Well Board. You may purchase a Wish Well Board through the Conscious Discipline store, or you can create your own with a magnetic cookie sheet and magnets or foam board and Velcro. Some teachers have Wish Well bulletin boards, and students write well wishes on Post-It notes, then stick them to the board. The intention behind the ritual matters far more than the materials you choose to use.

With this Wish Well Ritual Plan, you'll plan for gathering materials, teaching students and staff to wish well, wishing well as a group, sharing information with families and more.

WISH WELL RITUAL PLAN

What materials will I use? (e.g. Pizza pan, sticky notes, etc.)

How will you teach class, school, staff, agency to breathe and wish well all people in distress before attempting to solve the problem?

When will you wish well as a group?

What will you provide extra for children, staff experiencing a great deal of loss?

How will you share this information with families?

How will I study the skills and powers that support the use of the Wish Well Ritual?

