

# Wellspring:

## Reflections on the Well of Being

Reflecting on experiences within the Well of Being, students are invited to create and share *something* with the greater community.

The **Wellspring** represents a living work of creative collaboration that grows and evolves with each new generation of contributions.

For an **example** of Wellspring collaboration, please see here: <https://padlet.com/eligmoore/rpyggnpk8x6aabr8>

For a **tutorial** of what can be created through [www.padlet.com](http://www.padlet.com), please see here: [https://www.youtube.com/watch?v=E\\_hWzeH0khM](https://www.youtube.com/watch?v=E_hWzeH0khM)

**Contributions** to the *Wellspring* can come in any form, through any medium, including but not limited to:

- Artistic expressions of gratitude, through writing, painting, music, etc.
- Reflections on mindful practices;
- Reflections on heartfelt experiences;
- Suggestions of wellness activities;
- Creations of wellness challenges for others to participate in;
- Reviews of wellness practices or apps;
- Reports on experiences and effects of wellness practices;
- And more! Only limited by imagination and inspiration.

**Prompts** for contributions to *Wellspring* (adapted from Linda Suskie, 2020):

- If you have a chance to speak to your friends, what will you say about your experience with the Well of Being?
- What was one of the most useful or meaningful things you learned from the set of Wellness challenges?
- Describe something significant that you learned about yourself through these challenges.
- List three ways you think you have grown or developed as a result of these challenges.
- What goals did you set for yourself in the Well of Being? How well did you accomplish them?
- If you could change any one of the assignments you did for this challenge, which one would it be? What would you change about it?
- Write one goal for moving forward and share how you plan to reach it.