

Wellbeing Breaks in the Classroom

A PROACTIVE WAY TO ENHANCE STUDENT WELLBEING.

The Wellbeing Break Initiative encourages the integration of brief movement or wellbeing breaks throughout the day to reduce sedentary behaviour and improve physical and mental wellbeing in the UBC community.

“Grateful that [wellbeing breaks] let us move our body and energize after sitting for a long period of time [...] we as students [sit] for a very unhealthy amount of time”

— UBC Student

What is the Wellbeing Break Initiative?

We are partnering with groups across campus to pilot the **Wellbeing Break Initiative**. The Wellbeing Break Initiative is a commitment to provide a wellbeing break every 60-minutes in seated meetings, classes, or gatherings. Breaks could include anything from a guided movement break, an opportunity for social connection, or a mindful moment. We aim to pilot this initiative for the 2023-2024 school year with interested departments. The long term goal is to integrate this commitment across the university.

What Could a Wellbeing Break Look Like?

- Request a movement break from the Move U Crew ([Vancouver](#) or [Okanagan](#)).
- Show one of UBC Rec’s [movement break videos](#).
- Guide your class through a [mindful moment](#).
- Do some [deskercises](#).
- Request a live [wellness moment](#).
- Lead an icebreaker promoting social connection.
- Get creative and create your own wellbeing break!



Several studies have found that brief breaks during lectures have cognitive, emotional, and physical benefits.

¹Albulesca, et al. PLoS One. 2022;17(8):e0272460. ²Arrabito, et al. Hum Factors. 2015;57(8):1403-16. ³Barredo, et al. J Phys Ther Sci. 2007;19:151-163.

⁴Blasche, et al. Healthcare (Basel). 2021;9(10):1330. ⁵Danedhmandi, et al. J Lifestyle Med. 2017;7(2):69-75. ⁶Fischer, et al. Chronobiol Int. 2017;34(10):1423-1438. ⁷Taylor, et al. Health Educ Res. 2013;28(3):414-425.



"I find enjoyment in these active breaks, and often look forward to them. [...] I always feel more refreshed and can focus better for the remainder of the lecture."

— UBC Student



Why Should We Provide Wellbeing Breaks?

- According to the 2021 Canadian Campus Wellbeing Survey, 85% of UBC students are currently not meeting the sedentary behaviour recommendation of the Canadian 24-Hour Movement Guidelines.
- Additionally, 47% of UBC students are considered to have low mental wellbeing according to a 14-item measurement tool.
- Providing your students with just a 5-minute break in class can also reduce stress, improve productivity, improve mood, and ultimately improve mental wellbeing.
- Signing onto the initiative demonstrates your department's commitment to championing wellbeing in the classroom.

[Learn more](#) about incorporating wellbeing in the classroom

Advancing UBC Strategic Plans

This initiative directly advances the following UBC strategic plans:

- [Wellbeing Strategic Framework](#)
- [20-Year Sustainability Strategy](#)
- [Focus on People Framework](#)

And is informed by the following UBC strategic plans:

- [Inclusion Action Plan](#)
- [Indigenous Strategic Plan](#)
- [Student Strategic Plan](#)

Who Else is Involved?

There are many groups across campus helping us to enhance the wellbeing of the UBC community through Wellbeing Breaks!

- UBC Office of Wellbeing Strategy
- UBC Athletics and Recreation
- UBC Human Resources
- UBC Wellness Centre
- UBC Sustainability

What We've Done

July 2022

Discussions with Dr Stewart (UBC-O) on adaptation of "Take A Stand".

Sept 2022

Invite stakeholders to be part of the Wellbeing Break Initiative development.

Jan 2023

Consultation meeting with stakeholders to develop Wellbeing Break Initiative Plan.

May 2023

Conduct 'tools assessment' to determine existing resources.

July 2023

Spread the word. Discussion with interested departments, campus partners, etc.

Sept 2023

Pilot test Wellbeing Breaks within a UBC department.

Nov 2023

Call for Action!
Have departments sign a pledge committing to the Wellbeing Break Initiative.

Get Involved!

Is your department interested in committing to the Wellbeing Break Initiative or partnering with us? Reach out to us today.

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Find out more at move.ubc.ca

