WELL students:
standards supporting the whole child, mind, body

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01 WELL building standard
Introduce the WELL Building Standard Educational Facility Pilot Program and its focus of measuring and monitoring the performance of building features that impact health and wellbeing.

02 fitness + nourishment
Identify ways the physical environment can reinforce behavior change

03 comfort + mind
Understand the link between physical space and neuroscience and psychology

04 pk-12 education
Discover how higher education wellness facilities are translating to PK-12 campuses
• Do you actively use stress-relief techniques?
• Do you sleep an average of 7-8+ hours a night?
• Do you spend some time, everyday, outdoors?
• Do you avoid sitting for longer than 1 hour at a time?
• Do you regularly use stairs instead of the elevator?
wellness evolution
challenges

impact on offices

cost driven

- cost of healthcare vs preventative care
- productivity & engagement
- employee turnover & ROI
challenges

impact on higher education

student retention, altruistic

- stress 30%
- sleep difficulties 21%
- overwhelmed by all you had to do 86%
current challenges

impact on pk-12 schools

healthy habits, learning retention

• childhood obesity
• hunger in schools
• bullying
WELL building standard
WELL building standard
wellness + body systems

The components of the WELL Building Standard represent a comprehensive set of strategies organized by specific impacts on health and wellness. Many features of the WELL Building Standard are ascribed to one or more of the following body systems:
THE SEVEN CONCEPTS OF THE WELL BUILDING STANDARD

- AIR
- WATER
- NOURISHMENT
- LIGHT
- FITNESS
- COMFORT
- MIND
THE SEVEN CONCEPTS OF THE WELL BUILDING STANDARD

- AIR
  - AIR QUALITY TESTING & MONITORING
  - FILTRATION & TREATMENT
  - VENTILATION
  - MOISTURE CONTROL

- WATER
- NOURISHMENT
- LIGHT
- FITNESS
- COMFORT
- MIND

HEALTHY ENTRANCE
CONSTRUCTION PROCESSES
MATERIAL SELECTION
CLEANING PROTOCOL
WELL building standard

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THE SEVEN CONCEPTS OF THE WELL BUILDING STANDARD

Access to Healthy Foods
Healthy Portions
Mindful Eating
Sanitary Food Prep Areas
Food Production

Air
Water
Nourishment
Light
Fitness
Comfort
Mind
THE SEVEN CONCEPTS OF THE WELL BUILDING STANDARD

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Maslow’s Hierarchy of Needs

- Physiological
- Safety
- Belonging
- Esteem
- Self-Actualization

Well Building graphic pyramid

- Air
- Water
- Nourishment
- Light
- Fitness
- Comfort
- Mind
WELL building standard

building design factors: the environment

THE SEVEN CONCEPTS OF THE WELL BUILDING STANDARD

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building operations factors: the body
program design factors: **the mind & behavior**

<table>
<thead>
<tr>
<th>THE SEVEN CONCEPTS OF THE WELL BUILDING STANDARD</th>
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<tbody>
<tr>
<td>AIR</td>
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</table>
fitness + nourishment
the current wellness focus...

...fitness and nutrition
“Stair prompts that encourage stair use for health benefits have been shown increased stair use by a median of 50%.”

**Physical Activity:** Any bodily movement that results in energy expenditure (e.g., walking, taking the stairs).
"When using playgrounds that are painted with designs for games and imaginative play, kids engage in moderate to vigorous activity for more than 50% of their recess period."

As we move through our cities each day, we make dozens of small decisions, based on dozens of small reasons.
“96% of all children participating in a related study, who were asked to draw their favorite place, drew illustrations of an outdoor location”

Moore, 1986 via “The Economics of Biophilia,” 2012 Terrapin Bright Green LLC
“Adolescents with poor health are less likely to graduate from high school on time or attend college or post-secondary education. In these ways, childhood obesity also has an impact on knowledge.”

“Tools for Schools Toolkit,” 2015 Live Well San Diego
“Students’ attitudes towards health and physical education can have a significant effect on their achievement of the [curriculum] expectations.

To learn effectively and develop positive attitudes towards healthy active living, students should enjoy the skill-development and physical activities.”

There are 1,440 minutes in every day... schedule 30 of them for physical activity.

TWIZZLE

READY
EQUIPMENT:
NONE

SET-UP:
STUDENTS FORM A CIRCLE
NUMBER OF STUDENTS: 15+
TIME: 15 MINUTES+

EXPLAIN
1. Form a circle. Listen for the commands.
2. When you hear:
   - "Go" - walk in the direction you are facing
   - "Stop" - freeze
   - "Turn" - do a half turn (180 degrees) and freeze
   - "Twizzle" - do a full jump (360 degrees) and freeze
3. If you make a mistake, do 5 jumping jacks, and repeat the game.

✓ For Understanding:
   - What do you do for a "turn"?
   - What do you do for "twizzle"?

GAME TIP:
Practice the commands with students before starting the game.

CONFLICT RESOLUTION TIP:
If a student makes a mistake give them a high-five.

INDOOR TIP:
Have students jog slowly in a circle.

PLAY → REP IT OUT!
- EASY: Walk in a circle
- MEDIUM: Side shuffle in a circle
- HARD: Hop on 1 foot in the circle

One of the many REP games to get kids active indoors, especially when space is limited or during inclement weather.

G-14
GRADE K-5
INDOOR
CAFETERIA
On average, Americans sit 11 hours per day.

Healthy habits for body movement.
comfort + mind
A more holistic look…

comfort + mind

…comfort and mind
“When students are exposed to nature their sense are activated. And when the sense are engaged, the brain is more receptive to receiving new information.”

Studies have shown that exposure to nature:

- increases attention span
- strengthens memory
- reduces stress
- improves mood
- enhances creativity

“Nature-based learning Part 1,”
2014 Robin Randall
“…Above all, biophilic design must nurture a love of place”

- connection with nature
- thermal & airflow variability
- presence of water
- dynamic & diffuse light
- biomorphic forms, patterns & materials
- complexity & order, refuge, mystery
Biophilic Design Objectives:

- stress reduction
- cognitive performance
- emotion, mood, & performance

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<th>14 PATTERNS</th>
<th>STRESS REDUCTION</th>
<th>COGNITIVE PERFORMANCE</th>
<th>EMOTION, MOOD &amp; PREFERENCE</th>
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<td>Visual Connection with Nature</td>
<td>Lowered blood pressure and heart rate</td>
<td>Improved mental engagement/attentiveness</td>
<td>Positively impacted attitude and overall happiness</td>
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<tr>
<td>Non-Visual Connection with Nature</td>
<td>Reduced systolic blood pressure and stress hormones</td>
<td>Positively impacted cognitive performance</td>
<td>Parceled improvements in mental health and tranquility</td>
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<td>Non-Rhythmic Sensory Stimulation</td>
<td>Positively impacted heart rate, systolic blood pressure and sympathetic nervous system activity</td>
<td>Observed and quantified behavioral measures of attention and exploration</td>
<td>Improved perception of temporal and spatial span (alliteration)</td>
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<tr>
<td>Thermal &amp; Airflow Variability</td>
<td>Positively impacted comfort, well-being and productivity</td>
<td>Positively impacted concentration</td>
<td>Improved performance and positive emotional responses</td>
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<tr>
<td>Presence of Water</td>
<td>Reduced stress, increased feelings of tranquility, lower heart rate and blood pressure</td>
<td>Improved concentration and memory restoration</td>
<td>Enhanced perception and psychological responsiveness</td>
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<td>Dynamic &amp; Diffuse Light</td>
<td>Positively impacted circadian system functioning</td>
<td>Enhanced visual comfort</td>
<td>Enhanced positive health responses, shifted perception of environment</td>
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<tr>
<td>Connection with Natural Systems</td>
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<td>Hemerobic Forms &amp; Patterns</td>
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<td>Material Connection with Nature</td>
<td>Decreased diastolic blood pressure</td>
<td>Observed view preference</td>
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<td>Complexity &amp; Order</td>
<td>Positively impacted perceptual and physiological stress responses</td>
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<tr>
<td>Prospect</td>
<td>Reduced stress</td>
<td>Reduced boredom, irritation, fatigue</td>
<td>Improved comfort and perceived safety</td>
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<tr>
<td>Reflux</td>
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<td>Improved concentration, attention and perception of safety</td>
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<tr>
<td>Mystery</td>
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<td>Risk/Peril</td>
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Young people who are exposed to chronic stress early in life are prone to learning difficulties, anxiety, and other mood disorders.

Restorative Spaces that are primarily used for time away from studies can enhance productivity.
KEEP CALM AND TAKE A SENSORY BREAK
Sensory Overload occurs when one of the body’s senses experiences over-stimulation from the environment.

“You can’t punish a child who is acting out because of sensory overload.”

Temple Grandin
comfort + mind

stress reduction & learning

“You can’t punish a child who is acting out because of sensory overload.”

Sensory Overload occurs when one of the body’s senses experiences over-stimulation from the environment

Temple Grandin
“...Preliminary results show 12% greater on-task engagement in classrooms with standing desks which equates to an extra 7 minutes/hour engaged instruction time.”
“Movement activates the neural wiring throughout the body, making the whole body the instrument of learning...”

"Being socially connected is our brain’s lifelong passion... It’s been baked into our operating system for tens of millions of years”

Lieberman “Social: Why Our Brains are Wired to Connect”
how can higher education Wellness Centers translate to PK-12 campuses?
What amenities or services do you think are essential to health and wellness?
f + s | challenges

commuting
not enough time with students

sitting all day

traffic
student crisis
people eat/take breaks at their desk:
no place to lounge and relax

mornings
dealing with stress
trying to relax
what’s for dinner?
parking
too many tasks
no windows

What is the hardest part of your day?
f + s | relieve stress or relax

yoga
social activities
music
games
**go to movies**
quiet time
laughing
**walking**
pray

**sing**
**meditation**
**exercise**
watch TV
healthy eating/cooking
**swim**
hang out with friends
**sleep**
go out to dinner

knit
get massage
hike
**pilates**
run
spin
**read**
walk dog
personal trainer
fun fitness instructors
**quiet meditation/prayer**
multi-purpose **classrooms**
study rooms
**fitness center**
field sports/games
on campus health center
**counseling/ps offices**
lockers
**nutrition consultant/staff**
electronic message boards

**healthy food options**
well maintained facilities
yoga
inclusive
mentors
employee health
**variety of fitness spaces**
state of the art facilities
**group activities**
welcoming
pool
**mindfulness spaces**
“70% of college students receive less than 8 recommended hours of sleep every night”
30 students were surveyed on what they turned to when overloaded with stress.

- 67%选择了counseling & treatment
- 18%选择了alcohol
- 10%选择了food
- 5%选择了sleep
- 5%选择了tobacco
wellness amenities

peer mentoring
a place for reflection
wellness amenities

outdoor social space
challenge health action plan
“Health Action Plans use a systematic process to minimize health effects thru policy.”

A Design Guideline to enhance the health & wellness of students

- **scope:** which health effects to consider
- **participants:** who is affected
- **process:** develop recommendations
- **monitor & evaluate:** report findings
- **discuss:** excitement & perceived challenges
- Make it a HABIT
- Make it UNDERSTOOD
- Make it REWARDING
- Make it DESIRABLE
- Make it EASY