JALT 京都

「心の健康」

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May for Mental Wellness

"May for Mental Wellness" is a teacher well-being event with the Kyoto Chapter of JALT. This event is to create space for educators to reflect on emotional regulation, mental health, and teaching practices for students who are struggling with mental well-being themselves. Through a series of presentations and discussions, the event aims to support the well-being of teachers while also exploring how educator wellness can impact student learning and classroom communities.

Sam Morris
Rikkyo University

Language teacher emotion regulation development: Lessons from an online training course

Samia Haseeb Khan

Connection, Support, and Mental Wellness in Education

Daniel Orozco
Ritsumeikan University

Foreign language classroom anxiety in Japanese students and why it is important for their learning

Date: 30 May, 2026 (土)
Time: 13:00 - 16:00
Format: Online (Google Meet)

Use the QR code for abstracts and other information, or visit kyoto.jalt.org