

Finding JOY Amongst Uncertainty with Dale Sidebottom

COURSE

Discover how joy, laughter, and play can help educators and students navigate uncertainty with optimism, connection, and resilience.



About This Course

Periods of uncertainty can challenge even the most resilient educators, yet they can also present powerful opportunities for growth, creativity, and joy. In this uplifting and energising session, Dale Sidebottom, founder of *The School of Play*, *Jugar Life*, and *Energetic Education*, shares proven strategies to bring more positivity and play into daily life, especially when things feel unpredictable.

Through stories, games, and practical activities, participants will explore how focusing on what they can control, and letting go of what they can't, can dramatically improve mental health and happiness, both in and out of the classroom.



Learning Objectives

By the end of this course, educators will be able to:

Identify Controllable Elements:

Recognise what's within their influence and use this awareness to reduce stress and anxiety.

Implement Practical Well-being Strategies:

Apply daily habits that strengthen emotional balance, focus, and perspective.

Infuse Joy and Playfulness:

Incorporate simple activities and moments of laughter to lift classroom and staffroom energy.

Model Resilience for Students:

Demonstrate how joy and gratitude can be used as tools to manage uncertainty and challenge.





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Why This Matters for Educators

Educators often face constant change, curriculum updates, shifting expectations, and evolving classroom needs. Learning to find joy amidst this uncertainty helps teachers:

- **Protect Mental Health** – Build sustainable habits that reduce stress and prevent burnout.
- **Boost Morale** – Reconnect with the fun, human side of teaching through humour and play.
- **Strengthen Relationships** – Use shared laughter and positive energy to build trust and connection with students and colleagues.
- **Inspire Optimism** – Model adaptability and a growth mindset for young people learning to do the same.

About the Presenter

Dale Sidebottom is a globally recognised educator, speaker, and play advocate who has delivered keynotes and workshops in over 20 countries. As the creator of *The School of Play*, *Jugar Life*, and *Energetic Education*, and host of the *Energetic Radio* podcast, Dale specialises in using play, fun, and movement to enhance mental health and engagement. His dynamic approach has inspired thousands of educators, students, and corporate teams to rediscover joy and build stronger, happier, and more resilient communities.

Perfect For

Educators, school leaders, and well-being champions who want to:

- Build resilience through play, gratitude, and optimism.
- Learn actionable strategies to reduce stress and boost happiness.
- Create joyful, connected environments in uncertain times.

