

# SHANARI Wellbeing Indicators

# Safe

# Healthy

# Achieving

#### Nurtured

#### Active

## Respected

# Responsible

### Included

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I have family and friends. I get the chance to work together and take part in different things and my voice is heard.

#### Responsible

I can follow instructions, be a role model, help others and follow rules.

#### Respected

I am listened to and my ideas are valued. I also have the chance to get involved and make choices.

#### Safe

I know how to keep myself safe and who I can ask to help me.

#### Healthy

I eat a balanced diet, exercise, clean my teeth, wash my body and have friends.

#### Achieving

I have the chance to learn, practise to get better, win, work hard and be told how great I am.

#### Nurtured

I have family, friends and a places where I know I belong.

Active
I can exercise, play,
dance, take part in
games and go on
outdoor adventures.

### Healthy

- 1. What does being healthy mean to you?
- 2. List 3 foods that you like to eat that are healthy.
- 3. Name 3 types of exercise that you enjoy.
- 4. List 5 things that you do that are healthy.

I would like you to do this in the form of a poster. Make sure it is bright, clear and colourful.