

# SHANARRI Wellbeing Indicators

Safe

Healthy

Achieving

#### Nurtured

Active

Respected

Responsible

## Included

Included 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.

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

**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.

## Achieving

- 1. What does the word achieving mean to you?
- 2. What are the two highest achievements that you have ever had?
- 3. How do you feel when you have achieved something?
- Can you draw a picture of a time you have achieved something that you are proud of. Write the emotions you were feeling around the picture. Make it bright and colourful.

Please answer in sentences. Post answers on your blog.