

SHANARI 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.

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.

Nurtured

- 1. What does the word nurtured mean to you?
- 2. Who makes you feel nurtured?
- 3. If someone is upset can you give 3 examples of nurturing things you would say to them?
- 4. Feeling nurtured includes having 'places you know that you belong'. Can you give any examples of places that you feel like you belong? What does it feel like to belong somewhere?

You can do this in the form of a poster or as a blog post.