



Salvesen Mindroom Centre
support • inform • empower

BACK TO SCHOOL
MY WELLBEING WHEEL



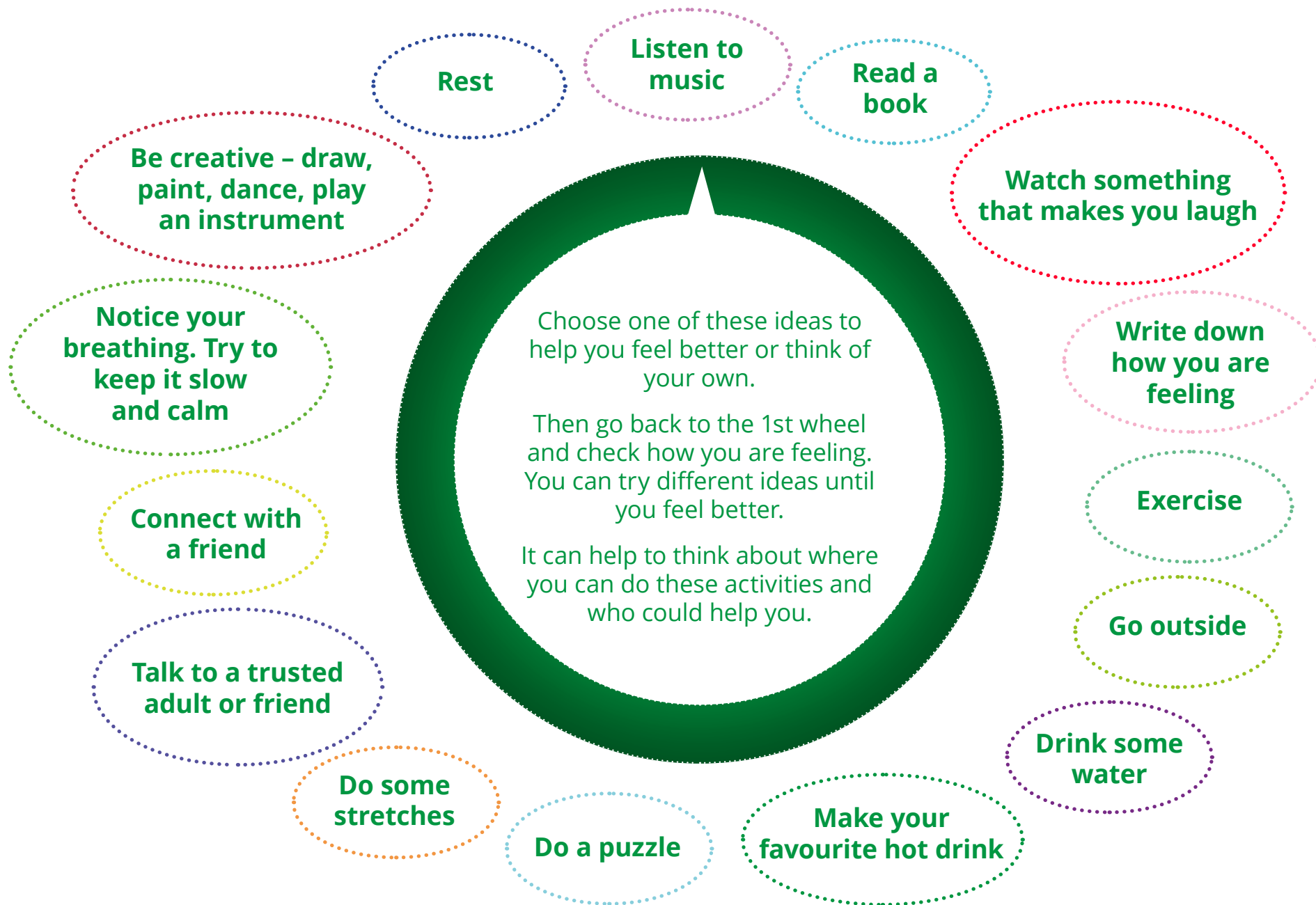
My Wellbeing Wheel

How do you feel right now?

It can help to check in with how you are feeling during the day. You could check in when you get up in the morning, when you arrive at school, at lunchtime and at the end of the day.



What could you do to feel better?





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