Wellbeing Wheel

What your wellbeing may be like at different times in your life.

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.

