

SHANARRI Diary

Reflecting on My Wellbeing



SHANARRI Reflecting on My Wellbeing

Can you use the wellbeing indicators to reflect on your week? Try to give an example for each indicator. Remember: it can also be an experience outside of school.

Week Beginning _____

<p>Safe</p> 	
<p>Healthy</p> 	
<p>Achieving</p> 	
<p>Nurtured</p> 	

Active



Respected



Responsible



Included

