

The following questions may be helpful in supporting groups e.g. the whole staff, subject departments, teachers, and the wider school community, to reflect on current practices and support students' progress in relation to each of the indicators.

	In my role and in my relationships with students, how do I support their learning journey towards	How do you promote this indicator in your own practice?  <i>Strategies, Assessment, Methodologies, Supports or Resources</i>
Active	<ul style="list-style-type: none"> <li>• being a confident and skilled participant in physical activity</li> <li>• being physically active</li> </ul>	
Responsible	<ul style="list-style-type: none"> <li>• being able to take action to protect and promote their wellbeing and that of others</li> <li>• making healthy eating choices</li> <li>• knowing when and where their safety is at risk and enabling them to make the right choices</li> </ul>	
Connected	<ul style="list-style-type: none"> <li>• feeling connected to their school, their friends, community, and the wider world</li> <li>• understanding how their actions and interactions impact on their own wellbeing and that of others, in local and global contexts</li> </ul>	
Resilient	<ul style="list-style-type: none"> <li>• feeling confident in themselves and having the coping skills to deal with life's challenges</li> <li>• knowing where they can go for help</li> <li>• believing that with effort they can achieve</li> </ul>	
Respected	<ul style="list-style-type: none"> <li>• showing care and respect for others</li> <li>• having positive relationships with friends, peers, and teachers</li> <li>• feeling listened to and valued</li> </ul>	
Aware	<ul style="list-style-type: none"> <li>• being aware of their thoughts, feelings and behaviours and being able to make sense of them</li> <li>• being aware of their personal values and able to think through their decisions</li> </ul>	

	<ul style="list-style-type: none"><li>• being aware of themselves as learners and knowing how they can improve</li></ul>	
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**Reflecting on this exercise consider:**

Which wellbeing indicator(s) do you feel you are most supporting?	
Which wellbeing indicator(s) needs your attention?	