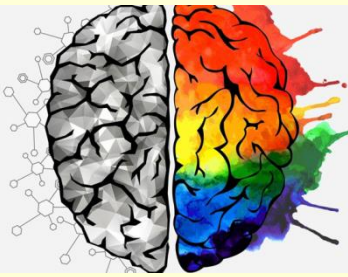




# Wellbeing at SHJS



## Signs of Wellbeing



### ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?



### RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk and do I make right choices?



### CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?



### RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



### RESPECTED

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?



### AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?

# Today's Sign of Wellbeing



## ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?



# Active



## KEY QUESTIONS TO THINK ABOUT...

- How does being active help my wellbeing?
- How do different people keep active?
- Am I confident and skilled when I am active?



# How does being active help my wellbeing?



- [The Brain Lab - being active](#)



# How do different people keep active?



What do you do to keep active?

Play sports?

Play individual games?

Play team games?

Exercise with friends,  
family.... the dog?

Exercise in the park?

Exercise in your garden?





# Feeling confident when we're being active



- What do we each bring to the team or group when we are active and playing?
- How can we help ourselves feel confident?
- How can we help each other feel confident?



# Children keeping active around the world



- Children all over the world keep active using whatever they have around them

China – Catch the Dragon's Tale

Thailand - Kratai Kha Diew (One Legged Rabbit)

Egypt – The Handkerchief Game

Russia – edible or inedible

South Africa – Mbube Mbube





# Children keeping active around the world



## Let's get active and have a go!





# Wellbeing at SHJS

