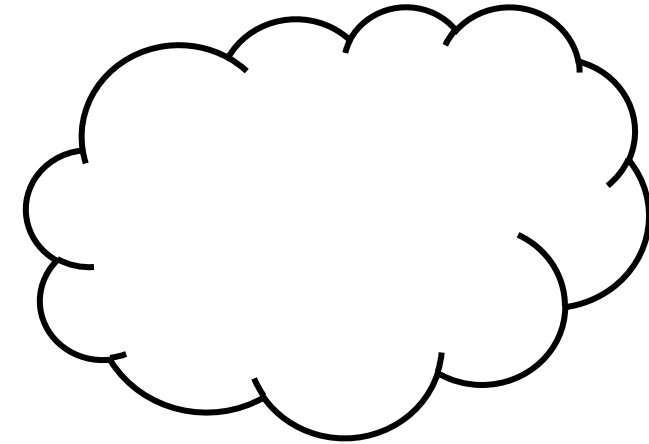
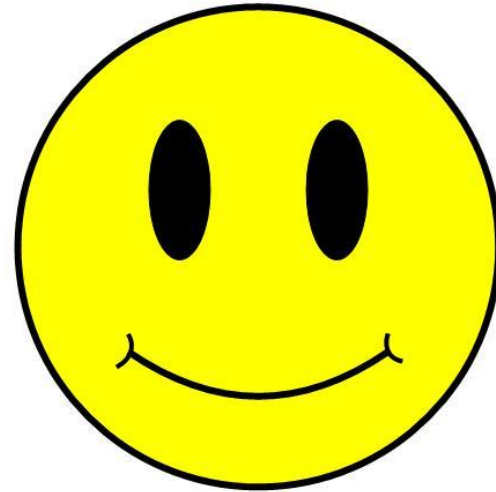
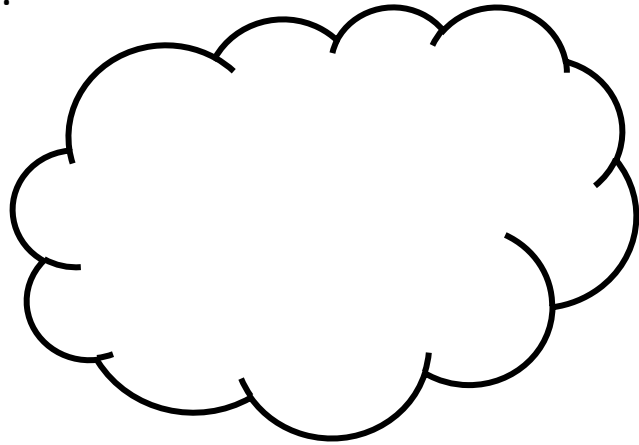


Name:

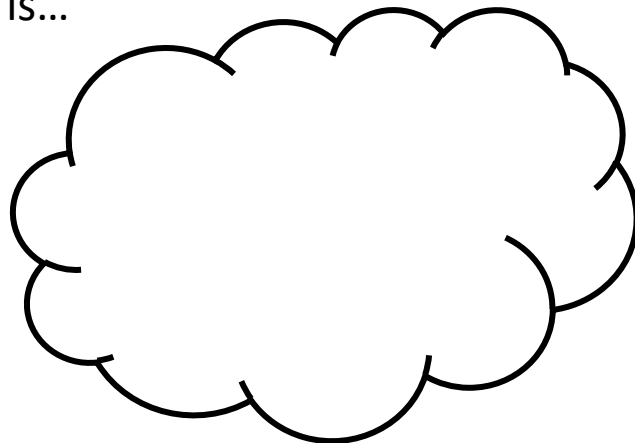


My favourite thing to do
is...

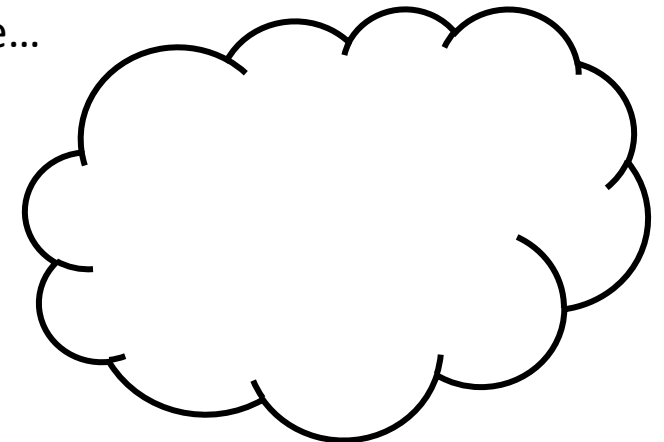
I am a good friend
because...



My biggest worry is...



I am proud of myself
because...





Wellbeing Questions



Notes for parents:

- Allow the child to fill this in by themselves or with your assistance just for reading and writing.
- There is no right or wrong answers, so try not to correct their thoughts.
- This exercise is simply a chance for them to think about themselves, start learning to be open and share feelings with you in a non-verbal way.
- You can ask why they may think their answers, but try not to quiz less positive answers.
- Be sure to praise any openness!

As an extension, you can discuss what they think being a good friend means? What are the key values?

#GYOforWellbeing

