

Name _____

Day _____

My wellbeing priorities



FEELING ZEN



SLEEP WELL





add your own!































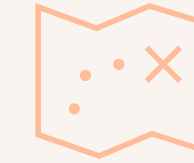


My notes



My wellbeing priorities

How to facilitate the activity



Self-assessment
individual reflection
group discussion



Your goal is to unlock perspectives of current or future wellbeing experiences. This activity can be a precursor to diving deeper into youth wellbeing journeys.

Time

20-40 minutes

Participants

Number: 1-15

Age: 12-19 yo

Supplies

Activity worksheet
Pens or sharpies



Welcome each participant with a worksheet and a pen. Set a timer for five minutes and invite all participants to circle the activities that they think would support or improve their personal wellbeing. Encourage participants to jot down notes or add their own drawings to their preferred wellbeing journey/routine.



Ask participants to be silent to create a space for them to think without bias and to reflect on their personal priorities and interpretations. After finishing, ask them to explain the emotion they would like to feel after doing their wellbeing activities.

Enjoy and have fun exploring wellbeing priorities together!

