

Small group discussion: Understanding well-being

1. Emotional Well-being:

- I generally feel happy and content.
- I can effectively manage stress and pressure.
- I feel confident about myself.
- I have a strong support system (friends, family, or mentors) I can talk to when needed.
- I feel safe at school.

2. Social Well-being:

- I have positive and healthy relationships with my peers.
- I feel included and accepted by my classmates.
- I am involved in extracurricular activities or clubs that I enjoy.
- I can communicate openly with my teachers or school counsellors.
- I feel a sense of belonging in my school community.

3. Academic Well-being:

- I am motivated to learn and do well academically.
- I have access to the necessary resources (books, technology, etc.) for my studies.
- I receive the support I need to succeed academically.
- I feel challenged in my classes, but not overwhelmed.
- I am satisfied with my academic progress.

4. Physical Well-being:

- I engage in regular physical activity or exercise.
- I eat a balanced and healthy diet.
- I get enough sleep on most nights.
- I am conscious of maintaining my physical health.
- I am free from any major physical health concerns.