

### **All about me**

Use this table to paint a picture of your lifestyle and your state of well-being

> Add in the main or group of Hauora dimensions affected

> Yes / No answers and/or sentences with additional information are helpful

	Hauora Dimension	Answers
Bed time (on average for school night)		
What I eat for Breakfast		
Amount of Fruit and Veg per day		
Amount and type of Drink(s)		
Unhealthy / Illegal substances during the week		Yes / No
Amount of Exercise (in a week)		
Daily average phone screen time		
Average overall screen time (per week)		
Arguments at home this past week?		
Witnessed violence this past week?		
Been to a place of belonging/connection this week?		
Regularly attend a place of belonging?		
Te Taiao - Time spent outside/in nature each week		
Been bullied recently?		
My 3 closest friends are....		
Hours of paid/voluntary work done in a week		
Hobbies participated in during a week		
Pets?		
Family - healthy/unhealthy influence		
Illness - Frequently / Rarely / chronic		
Goals for the term / year?		

Values - Identify top 5		
<p>Would you rather...</p> <p>You have a spare evening: (a) Read a book (b) Watch Netflix</p> <ul style="list-style-type: none"> <li>• It's your birthday: (c) Big party with loads of people (d) Hang out with a small group of close friends</li> <li>• You are going on holiday: (e) Visit a big city (f) Camping at a quiet beach</li> <li>• You want to do something active: (g) Competitive sport (h) Tramping in a national park</li> <li>• You have some money to give to charity: (i) Environmental charity (j) Children's charity</li> <li>• You invent a time machine: (k) Go back in time to meet your ancestors (l) Go forward in time to meet your great-grandchildren</li> <li>• You get to choose a superpower: (m) Fly (n) Read minds</li> <li>• You have incredible language skills: (o) Be able to talk to animals (p) Be able to speak all the languages in the world</li> <li>• On your cell phone (q) Only texts (r) Only calls</li> <li>• At school you are: (s) The cleverest student in your school (t) The captain of one of the sport teams</li> </ul>		

**Add any symbols, pictures or colours to represent who you are...**