**(Child) Human Bar Chart – Knowledge and behaviour snapshot**

1 – Strongly agree

2 - Agree

3 - Disagree

4 – Strongly disagree

1. I can explain to a friend what wellbeing is.

2. I connect with friends in School, either at break, or lunch time.

3. I am physically active for at least 30 minutes a day.

4. I recognise when I am feeling low, and have a bank of activities I can do, to change that mood.

5. I learn new things at break or lunch time.

6. I give my time to other people to make them feel happier.