

**Equality**

**Responsibility**

**Respect**

**Confidence**

**Resilience**

**Empathy**

**Think of a time where your  
wellbeing has been impacted on by  
another person.**

**Have you ever impacted on another  
person's wellbeing?**

**Wellbeing**

**Love**

**Kindness**

**Courage**

**Diversity**

**Integrity**

Student name:	Student coaching group:	Student faculty:

Write down your reflections - How has your wellbeing been impacted on by another person? In the future where could you get support and how would it help you?

Think of a time where you have impacted on the wellbeing of others. What would you change if you could turn back time?

<b>My wellbeing was impacted on when...</b>
<b>I impacted on the wellbeing of others when...</b>

Student name:	Student coaching group:	Student faculty:

Complete the wellbeing acrostic with your ideas for looking after your own wellbeing and other people in school too.  
If you have time you could add some additional images to make your entry stand out even more in the hot chocolate challenge of the week.

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