JUNIOR CYCLE WELLBEING

INDICATORS OF WELLBEING

ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?

RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk and do I make right choices?

CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?

RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?

RESPECTED

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?

AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?

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TÁSCAIRÍ NA FOLLÁINE

GNÍOMHACH

- An rannpháirtí muiníneach oilte mé i ngníomhaíocht choirp?
- Cé chomh gníomhach is atá mé go fisiciúil?

FREAGRACH

- An ngníomhaím chun mo chuid folláine féin agus folláine daoine eile a chosaint agus a chothú?
- An roghnaím bia sláintiúil?
- An dtuigim cén áit a mbíonn mo chuid sábháilteachta i mbaol, agus an ndéanaim na roghanna cearta?

CEANGAILTE

- An mothaím ceangailte le mo scoil, mo chairde, mo phobal agus an domhan mór?
- An dtuigim go dtéann mo chuid gníomhartha agus idirghníomhaíochtaí i bhfeidhm ar m'fholláine féin agus ar fholláine daoine eile i gcomhthéacs áitiúil agus domhanda?

ATHLÉIMNEACH

- An gcreidim go bhfuil na scileanna agam chun déileáil le dúshláin an tsaoil?
- An eol dom cén áit ar féidir liom cabhair a fháil?
- An gcreidim go n-éireoidh go maith liom ach iarracht a chur isteach?

MEAS

- An mothaím go n-éistear liom agus go bhfuil meas orm?
- An bhfuil caidrimh dhearfacha agam le mo chairde, mo phiaraí agus mo mhúinteoirí?
- An léirím cúram agus meas ar dhaoine eile?

FEASACH

- An bhfuilim feasach ar mo chuid smaointe, mothúchán agus iompar, agus an féidir liom ciall a bhaint astu?
- An bhfuilim feasach ar mo luachanna pearsanta agus an ndéanaim machnamh ceart roimh chinneadh a dhéanamh?
- An dtuigim na rudaí a chabhraíonn liom foghlaim agus conas is féidir liom dul i bhfeabhas?

SA TSRAITH SHÓISEARACH FOLLÁINE

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