



STUDENT WELLBEING SELF-ASSESSMENT

The 5 Ways to Wellbeing are a set of really simple actions we can all take, which have been shown to improve people’s wellbeing. They are easy-to-remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future. Just like with anything we do, it is useful to see if there are things we can do to improve!

Want to know more?

Watch the following video on the 5 ways to wellbeing: <https://www.youtube.com/watch?v=MfMOTj-9AIs>

Self-Assessment Steps:

1. **Complete** this wellbeing self-assessment test, then use the ‘wellbeing challenge’ document to challenge yourself to improve.
2. **Discuss** with your tutor any ideas you have for the wellbeing challenge!!

5 Areas of Wellbeing:



Let’s Assess our Wellbeing:

Connect ... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich your every day.

Points	1	2	3	4	5	6
How often do you spend time...	Never	Hardly	Less than once a week	1-2x per week	Most days	Every day
Chatting with friends (eg on your phone, on social media)						
Talking to people at home						

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Talking to people in your family or peers about things that matter to you

Total: _____

Keep Learning ... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Points	1	2	3	4	5	6
How often do you spend time...	Never	Hardly	Less than once a week	1-2x per week	Most days	Every day
Learning or teaching yourself new things						
Reading for fun						
Taking part in organised activities (online, family, lessons)						

Total: _____

Be Active ... Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Points	1	2	3	4	5	6
How often do you spend time....	Never	Hardly	Less than once a week	1-2x per week	Most days	Every day
Being active with other people						
Being active on your own						



Being active outside your house (eg in your back garden or during your one exercise a day)	
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Total: _____

Give ... Do something nice for a friend or stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with other people around you.

Points	1	2	3	4	5	6
How often do you spend time...	Never	Hardly	Less than once a week	1-2x per week	Most days	Every day
Helping out around the house						
Looking after brothers, sisters, other family members						
Volunteering or helping out in the local area (eg checking in with a neighbour or donating to a local food bank)						

Total: _____

Take Notice ... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Points	1	2	3	4	5	6
How often do you spend time...	Never	Hardly	Less than once a week	1-2x per week	Most days	Every day
Paying attention to how you feel physically (eg tired, full or energy, tense, relaxed)						
Paying attention to how you feel emotionally						
Taking notice of and enjoying your surroundings (in and outdoor)						

Total: _____

How to analyse your results

Add up your scores for each section and place in the table below.

1 Point	2 Points	3 Points	4 Points	5 Points	6 Points
Never	Hardly	Less than once a week	1-2x per week	Most days	Every day

Wellbeing component	Total
Connect	
Active	
Notice	
Learn	
Give	

Now look at the well-being challenge (the Well-being document under the COVID section on the website) and choose some activities to complete. **DISCUSS** with your family any other ideas that you have for the wellbeing challenge. Aim to do something from the list most days. **Focus on the area your total was lowest in first.**

Remember, if you need to talk to someone there are lots of people you can ask. Get in contact with your form tutor, Head of Year, Mrs Howard or any other trusted adult.