

Wellbeing Checklist

Check-in

Use this checklist at the start of meetings or before you do campaign activities.

Keep your check-in brief and regular. It is a way to keep communicating and supporting each other.

Use the checklist in pairs or small groups. Or you can discuss each question as a whole group.

1. Does everyone have an opportunity to share their opinion?
2. How happy are you / the group with our decisions?
3. Do we need more support from a trusted adult, like our group leader or teacher?
4. What are our worries or concerns about our work so far?
5. What are you / we most proud of achieving so far?

Variations:

Play this as a game with a dice. Roll the dice at the start and the end of every meeting and answer the question next to the number you roll.

Other ideas:

- Celebrate your successes. Keep an achievements noticeboard or scrapbook to record letters you get or your thoughts.
- You could film a video diary of your meetings and activities. Or at the end of your campaign each member could say what they most enjoyed or are most proud of about your work.
- Read this 'support cloud' activity for another way you can support each other together. You might want to work with your group leader to do this.

<http://agendaonline.co.uk/support-cloud>



