



Activity 5: Introducing Well-Being to the students

Aim

To help students understand general and specific factors affecting Well-Being.

Resource(s) required

"Well-Being" sheet (pdf).

Time

40 minutes

Instructions

Divide the group into four small groups (max six per group) and have each group fill out the Well-Being Wheel together. One word only should be placed in each of the segments of the Wheel. In the second part of the sheet students list specific events/situations which impact both negatively and positively on Well-Being. Ask the leader of each group to report on their findings.

Follow-up activity

Encourage students to visit our website to explore the major issues affecting the Well-Being of the children Barnardos work with. As a home exercise, ask the students to write a brief summary (150 words) outlining the challenges faced by the children Barnardos works with.

While this activity is designed to be facilitated by a teacher, Barnardos have a dedicated schools officer who can visit your school and run this activity together with our other schools programmes. Contact John Wills on (01) 7080 470 or at john.wills@barnardos.ie.