

Materials	Paper, pen
Learning Outcome	Develop goals, actions, and measurements for a wellness plan.

Description

Begin a discussion with the youth about wellness and why it is important. If the youth needs support with the discussion, explain that wellness is related to every emotion we feel and everything that we do. Our wellness affects our actions, emotions, and relates to all aspects of our lives. Invite the youth to choose different categories of wellness and create a wellness plan. Include physical activity, healthy eating, and emotional well-being categories but also consider other categories such as social, spiritual, intellectual, or environmental. On a piece of paper, invite the youth to draw a chart with different columns for each wellness category and select a topic to address for each category. If the youth needs support thinking of topics, they can include some of the following:

- Sleep
- Mindfulness
- Connections with others
- Connections with the environment
- Setting limits
- Food choices
- Food habits
- Amount of physical activity
- Type of physical activity
- Finding a new hobby

Use the chart to create a goal, action steps to reach the goal, and an indicator or measurement to know the goal has been reached. Encourage the youth to choose only one topic per category and add more once those goals are reached.

Physical Activity	Healthy Eating	Emotional Well-Being
Goal:	Goal:	Goal:
Action Steps:	Action Steps:	Action Steps:
How I will know I reached my goal:	How I will know I reached my goal:	How I will know I reached my goal:

Ask the youth to share the wellness plan with you and explain to them that they can revisit it and adjust it any time.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *How do you think your wellness plan will be similar to the wellness plan of others? Different?*
- *Which part of your wellness plan do you think will be the hardest to achieve? Why?*