Children's Wellbeing Tracker
www.WellbeingTrackers.com

Class Tracker

Name: _____

Class: _____

Date: _____

What has class been like for you over the past week?

Yuck! Just OK Good Awesome!

What do you like about being in this class?

Is there anything you don't like?

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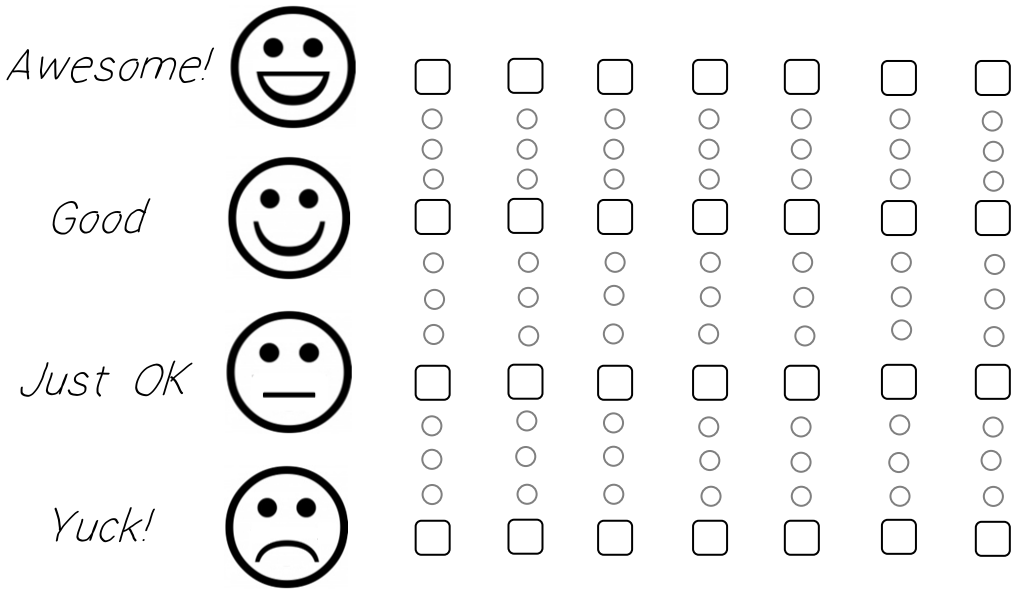
Class Tracker

Name: _____

Class: _____

Start Date: _____



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Class Group Tracker

Class: _____

Start Date: _____

Awesome!	☐	☐	☐	☐	☐	☐	☐
Good	☐	☐	☐	☐	☐	☐	☐
Just OK	☐	☐	☐	☐	☐	☐	☐
Yuck!	☐	☐	☐	☐	☐	☐	☐

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IMPORTANT INFORMATION

Read this page before using the Tracker.

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Instructions

Step 1: Answer the question on the Tracker.
Step 2: Plot your score on the chart.
Step 3: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

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Instructions for Team Trackers

Step 1: Add up the class's scores. Calculate the average by dividing this number by the number of members of the class.

Step 2: Plot the average on the class chart and reflect on your progress as a group. If the class feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a class and come up with ideas to improve the score on the class chart by one point.

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Create Wellbeing.

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