Children's Wellbeing Tracker
www.WellbeingTrackers.com

School Tracker

Name: _____

Date: _____

What has school been like for you over the past month?

Yuck! Just OK Good Awesome!

What have you liked about school over the past month?

What did you not like?

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School Tracker

Name: _____

Date: _____

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

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School Team Tracker

Team: _____

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 team's scores. Calculate the average by dividing this number by the number of members of the team.

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

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

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Create Wellbeing.

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