Children's Wellbeing Tracker
www.WellbeingTrackers.com

Session Tracker

Name: _____

Date: _____

What was today's session like for you?

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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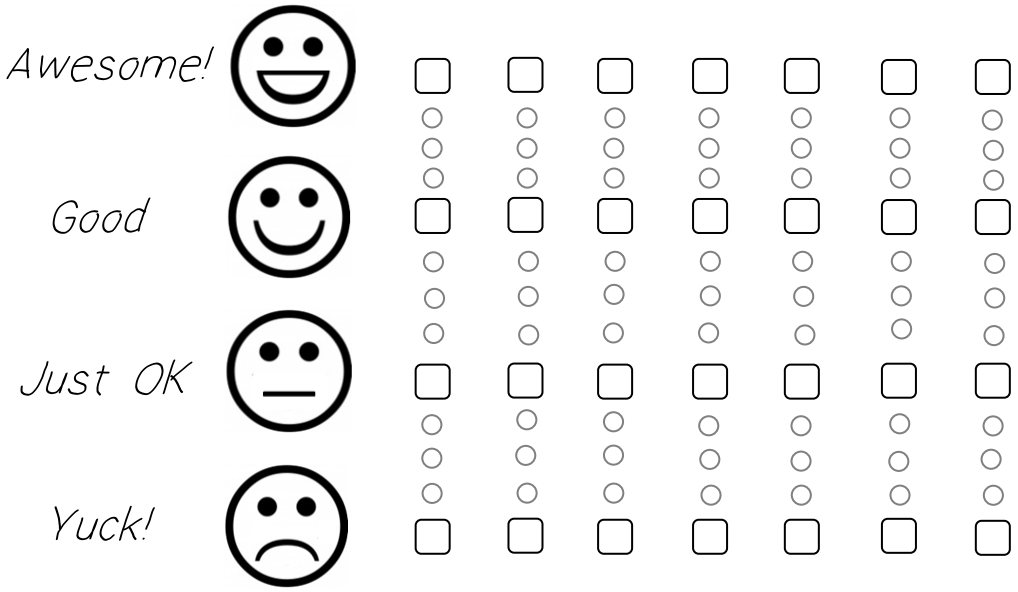
Session Tracker

Name: _____

Start Date: _____



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Session Group Tracker

Group: _____

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 Group Trackers

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

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

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

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Create Wellbeing.

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