

Student Well-Being

POSITIVE ATTITUDE



POSITIVE BEHAVIOUR

- Participating academically
- Completing assignments
- Respect for self and others
- Spending quality time with friends
- Calm
- Polite
- Smiling



WHAT WE SEE:
External Behaviours

WHAT WE DON'T SEE:
Internal Needs



COUNT:
I am seen and known by those around me



CAPACITY:
I have confidence in my ability.



CONNECTIONS:

I have friends and I belong.



POSITIVE THOUGHTS



- I can do this
- I am good enough
- My friends care about me
- My teacher believes in me
- I belong to this school
- I am Important to others



POSITIVE FEELINGS

I FEEL...
Safe
Content
Loved
Supported
Appreciated
Confident
Cared for