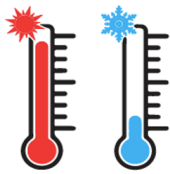


Wellbeing Lesson  
Warm-Ups

1.



2.

Low Trust

Low Trust Ice Breakers: 'Fun Facts'

Moderate Trust

Moderate Trust Ice Breakers: 'My Journey'

High Trust

High Trust Ice Breakers: 'My Values'

\*For team sizes of max 4-5 (split groups if larger size)

Organizational Team Meeting (Notes)		Chair:
Date & Time:		Minutes:
Item 1		Minutes:
1.1	Introduction	Chair
1.2	1.1.1 Organizational Structure & Values	Chair
1.3	1.1.2 Organizational Structure & Values	Chair
1.4	1.1.3 Organizational Structure & Values	Chair
1.5	1.1.4 Organizational Structure & Values	Chair
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1.99	1.1.98 Organizational Structure & Values	Chair
1.100	1.1.99 Organizational Structure & Values	Chair



Item 2	Warm Up: One-word barometer & icebreaker (small group break outs)	All	3 mins
Support 1			

Student Self Efficacy 4 Factors - Trust Matched Icebreakers

Work Completion

Starting Out

1. The thing that helped me most to get on top of my schoolwork this week was...

2. The thing I need to keep doing next week to keep on top of my schoolwork is...

3. I feel most organized when I...

4. I feel least organized when I...

Taking the Next Step

5. The best tip I've ever gotten to get schoolwork done is...

6. The best advice I could give other students to get work done is...

7. I find it easiest to get work done when...

8. I find it hardest to get work done when...

Going for Gold!

9. One thing I need to start doing to get more schoolwork done is

10. One thing I need to stop doing to get more schoolwork done is...

11. When I get everything done I reward myself by...

12. The thing that stops me getting my schoolwork done is...

Achievement Level

Starting Out

1. My focus area for Math next week should be...

2. My focus area for English next week should be...

3. My focus area for Science next week should be...

4. One thing I do really well at school is...

Taking the Next Step

5. I am really proud at school when I...

6. I find the most rewarding moments of my schoolwork are...

7. My biggest strength as a student is...

8. The subject that I have improved most in is...

Going for Gold!

9. I doubt my own ability when I have to do....

10. My goal for (subject) by the end of term is...

11. I'll reach my study goals if I...

12. I have reached my current level of achievement at school because...

Help Seeking

Starting Out

1. The thing I need most help with this week is...

2. I feel most energised when I am working with...

3. The teacher I find most helpful is....

4. One thing I would like to get more feedback on is...

Taking the Next Step

5. A great mentor in my life was (& why)...

6. I find it easiest to ask for help when...

7. The subject I need most help in is...

8. The friend that helps me study best is...

Going for Gold!

9. The hardest thing for me to deal when I get feedback is....

10. I'm scared to ask for help when...

11. The teacher I'll ask for help next week is...

12. Types of people I can easily be misled by are...

Self Motivation

Starting Out

1. The subject that requires the most motivation for me is...

2. I'm most motivated at school when...

3. The subject that I'm most motivated in is...

4. When I finish school I'd like to...

Taking the Next Step

5. One thing I need to stop doing to improve my motivation is...

6. The thing that helps me concentrate in class most is...

7. The place I can most easily study is...

8. I can always get myself to do schoolwork when...

Going for Gold!

9. My dream job is....

10. I feel most bored at school when...

11. I can avoid distractions by...

12. My motivation to study is most drained when...