



Worksheet – Activity 7 – Understanding my world and me

Worksheet: What shapes wellbeing in our world?

Instructions: Look at the table showing wellbeing data from different countries. In your group, discuss and write brief answers to the following questions:

1. Looking at the countries that ranked highest and lowest for wellbeing, can you offer any suggestions as to why this might be? Do any surprise you? Why/why not? **Write/draw:**

2. Why do you think there are differences in wellbeing in different countries? **Write/draw:**

Tips for reading the table:

The table shows how different countries rank in terms of child or youth wellbeing.

- Each country has a ranking number in mental wellbeing – the lower the number, the higher the ranking (e.g. 1st is best).

Remember, this data shows general trends, not individual experiences.

