



Worksheet – Activity 7 – Understanding my world and me

Worksheet: Reflecting on my world and me

Reflecting on the 'My world and me' activity, think about the reflection prompts below and write/draw a response to each one.

- One thing I learned about wellbeing is... **Write/draw:**

- Something that surprised me was... **Write/draw:**

- I now understand that wellbeing is shaped by... **Write/draw:**

