

Resource 5

Student Reflection Worksheet: How does your hauora affect you in your career stage as a student?

1. Think about something that is not going well in your life (or a time when things weren't so good) e.g. *problems with a family member, friend /relationship issues, not enough sleep, not enough nutritional food, health problems etc.:*

How does (or did) that impact on you as a student? e.g. *energy, concentration, motivation, interest level, relationships with others, emotions, attendance, achievement, anything else?*

2. Think about something that is going well in your life e.g. *home, family member, friend, relationship, healthy habits*

How does that positively impact on your school life? e.g. *energy, concentration, motivation, interest level, relationships with others, your moods emotions, attendance, achievement, anything else?*

3. What is ONE thing you would like to improve on as a student this year? e.g. *attendance, grades, concentration, listening, effort, anything else?*

4. What is ONE thing you could do to improve this?

5. Is there anything that is affecting your hauora and ability to succeed as a student that you have no control over?

Yes / No

WHO could you go to for help with this?