

Wellbeing wheel:

Introduction and examples of how to use the resource.

What it's for:

The wellbeing wheel is a tool that may support you to gain insight into how the different parts of your child's life feel for them right now. There's no single right way to use it. You might work on it together, or each complete your own worksheet side-by-side in a shared space. You might talk through the areas you each choose, or not. If your young person doesn't like colouring, this might not be the right tool yet – and that's okay, it's not meant to be stressful. But if it feels right, here's a general guide for how you might use it.

What to do:

1. Choose a comfy, neutral space and help your young person find their favourite pencils or textas.
2. Choose and label the six areas in the outer band of the wheel. Your child might already know what they want to rate, or may like it if you offer some ideas.
 - For example: Sleep, friends, school, play, family, emotions or feelings, food, moving their body, quiet time, screen time, and more!
3. Using the scale below as a guide, let your child express themselves through colour, rating how each area is going, from 1 to 10.
4. Colour each section out to its rating number. The further the colour reaches, the better that part feels.
5. Look at the whole shape. A bumpy or uneven wellbeing wheel is completely normal, and shows where things are feeling good, and where they're not.
6. Offer to talk about it. Stay curious and collaborative. Together you might pick one area and talk about something that might help.
 - For example, "What's going well in this one?", and "This one looks like it's not so good", and "What would move it up a little bit?" and "Are there any parts you'd like a little more of?"

Tips, tricks, and scripts:

The invite:

- A casual invite: "I found this thing that's kind of like a colouring-in check-in. Want to do one with me? We could do it together, or I can print two!"
- A specific invite: "I've been wondering how a few things are going for you lately. Want to colour it in rather than talk it out?"

The delivery:

- Make it easy to pass on: "We can stop whenever you like" keeps it safe and low-pressure.
- Go first if they're unsure: Colouring one of your own areas and thinking aloud (e.g. "hmm, my sleep is a 4 this week") shows there are no wrong answers – a low number is just information.



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Wellbeing wheel

Let's see how each part of your world is going.

