

A DAY OF WELLBEING - CHECKLIST

Educators Name: _____ Date: _____ Campus: _____

Please rate the following on a scale of 0-5 stars with 5 Stars being excellent.

REGULATE PRACTICES

	PRACTICE	Observer	Self	IMPROVEMENT	GROWTH AREA
EG	Campfire	4	5	New furniture looks great.	Bit too cluttered,
Use of Learning Zones	Campfire				
	Watering Hole				
	Cave				
	Mountain Top				
Catering to Five Senses	Overall				
	Sound				
	Scent				
	Touch				
	Sight				
	Taste				
Managing the Flow of the Day	Pre-class				
	Parade				
	Check-In				
	Transitions				
	Ending Day				
Utilising GCP Activities	Grounded				
	Centred				
	Present				
Identifying dysregulation and responding appropriately.	Moment 1				
	Moment 2				
	Moment 3				
	Moment 4				
What was your state throughout the day?	Arrival				
	Break 1				
	Break 2				
	End of day				
Comments					

RELATE PRACTICES

	PRACTICE	Observer	Self	IMPROVEMENT	GROWTH AREA
Creating Points of Connection and positive relationship	Warm Greeting				
	Being approachable				
	Addressing questions				
	Responding to dysregulation				
	Adjusting support to meet needs				
	Encouraging Peer Support				
	Calling on other team members to assist				
	Making referrals				

Consider your highest self-rating and your lowest self-rating from any of the practices above and answer the following questions:

Lowest Rating Practice

- What happened that you would rate yourself in this way?
- What did you learn from that?
- What if anything would you do differently?

Comments	
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