

3.1 Copsheet. My plan for taking action that contributes to the wellbeing of others in my school or community. Complete the planning template below.

THE WELLBEING SITUATION MY ACTION WILL FOCUS ON:

SKILL	MY ACTION PLAN
Understanding	The wellbeing situation my action will focus on
	Why or how does this situation affect student wellbeing? How do I (or we) know this (above) – what evidence do we have?
	Does this situation directly affect your wellbeing, and/ or is it something that impacts other students? Explain.
Vision	What needs to change in this situation to enhance student wellbeing? Think about what the situation will look or sound like if these changes or improvements were made.
Actions	What can I do to contribute to this change or improvement? Describe this like a step-by-step plan with 3-5 steps.
	Two or three skills I will need to use as I implement my action.
	One skill I will need to develop (or learn to use) as I implement my action.
	How I will develop this skill (or how I will learn to use it).
Timing	When will I carry out these steps?
Recording	Briefly describe the situation when you took action. Think about what you did, the impact it had on other people at the time, if you thought your actions 'worked' (and why), and any other thoughts and feelings you had about the situation.
Evaluation	Overall, do you think your actions were effective in contributing to the wellbeing of students at your school? How well do you think you implemented your actions? What effect did your actions have on others? How do you know this?
Next steps	What else do you think needs to be done to promote student wellbeing in this situation? What action do you think you can take to contribute to this?