

## How can iyarn draw on existing activators or reflection prompts to support checking in?

The xlsx has begun to map reflection prompts to segments. Below, we have identified wording from existing wellbeing checkin systems on the 5 Ways to Wellbeing Aus and Reach Out websites, as well as a look back at the ACT and SDT theory, and made some early suggestions re potential segment descriptors/question prompts and follow-up questions under each sub-area.

(1) Segment Descriptors/ Question Prompts

	Sub-area	Existing iYarn prompt	<a href="#">5 ways to wellbeing quiz</a>	<a href="#">Reach Out Wellbeing Quiz</a>	Potential segment descriptors/question prompts <sup>1</sup>
Healthy Body/Be Active	General		Q5: "I've had energy to spare..."		<ul style="list-style-type: none"> <li>"Am I feeling physically well and making healthy choices for my body?" i.e., getting restful sleep, eating nutritious foods, getting exercise and spending time outdoors, and using technology in a balanced and purposeful way.</li> </ul>
	Exercise	"Are you being active daily, walking exercising or playing sports?"		Q6: What's your activity level? a) keeping active; b) not doing as much as usual; c) tired, not enjoying activities; d) feeling unwell, avoiding activities	<ul style="list-style-type: none"> <li>"Am I being active daily, and in ways that I enjoy?" e.g., by walking, exercising, playing sports or another activity that suits my needs/preferences</li> </ul>
	Nutrition				<ul style="list-style-type: none"> <li>"Am I regularly eating well and feeling energised?"</li> </ul>
	Sleep	"Are you getting at least 7-9 hours of restful sleep at the moment?"		Q5: How are you sleeping? a) normally, b) trouble sleeping; c) restless and disturbed; d) sleeping too much or too little.	<ul style="list-style-type: none"> <li>"Do I feel that I am getting a good amount of restful sleep at the moment?" recommendation: 7 – 9 hours</li> </ul>
	Tech use				<ul style="list-style-type: none"> <li>"Do I spend too much time using digital devices?"</li> </ul>
Friendship & Connection	General		Q4: "I've been feeling interested in other people..." Q9: "I've been feeling closer to other people..." Q12: "I've been feeling loved..."	Q7: How social are you? a) feeling connected; b) staying in more than usual; c) annoyed with everyone; d) avoiding people and isolated.	<ul style="list-style-type: none"> <li>"Are the relationships in my life (friends, family, peers and/or wider community) helping me to find enjoyment and feel supported?"</li> <li>"Do I feel socially and emotionally supported?"</li> <li>Who do I trust to go to for information/ fun/ affection/ love etc?</li> <li>"Am I being a good friend to the important people in my life?" e.g., am I supporting my friends/siblings etc.</li> </ul>

<sup>1</sup> Draws on: Paula Robinson, *Practising Positive Education: A Guide to Improve Wellbeing Literacy in Schools; Research, Models and Activities to Assist Educators, Practitioners and Families*, 2nd ed. (Positive Psychology Institute Pty Ltd, 2018). P. 246

	<b>Friends</b>	"Are you feeling supported by your friends a being a good friend to yourself?"			<ul style="list-style-type: none"> <li>• "Am I enjoying spending time with my friends and feeling supported by them?"</li> </ul>
	<b>Family</b>				<ul style="list-style-type: none"> <li>• "Am I feeling supported by your family?"</li> </ul>
	<b>Communication</b>				<ul style="list-style-type: none"> <li>• "Do I feel comfortable and capable of expressing myself to those around me?"</li> </ul>
Self-care, awareness & positive emotion	<b>General</b>	"Are you feeling good at the moment?"	Q1: "I've been feeling optimistic about the future..."	What's your outlook? a) positive, b) overwhelmed, c) feeling hopeless, d) depressed or suicidal thoughts	<ul style="list-style-type: none"> <li>• "Am I comfortable and content with my mindset/ outlook on life at the moment?"</li> </ul>
	<b>Self care &amp; positive emotions</b>		Q3: "I've been feeling relaxed..." Q14: "I've been feeling cheerful..."		<ul style="list-style-type: none"> <li>• "Am I making time to do the things that make me happy, and feel relaxed? e.g., listening to music/spending time with friends</li> <li>• "What helps me to relax?"</li> <li>• "Am I self-compassionate?"</li> </ul>
	<b>Mindfulness &amp; wellbeing</b>		Q7: "I've been thinking clearly..."		<ul style="list-style-type: none"> <li>• "Do I feel like I have been able to focus and clearly engage with my thoughts and feelings?"</li> <li>• "Do I need help to understand my emotions?"</li> <li>• "Are my thoughts helping me?"</li> </ul>
	<b>Self-awareness, confidence &amp; identity</b>		Q8: "I've been feeling good about myself..." Q10: "I've been feeling confident..." Q11: "I've been able to make up my own mind about things..."		<ul style="list-style-type: none"> <li>• "Have I been feeling confident and good about myself and my capabilities?"</li> <li>• "Do I believe in myself?"</li> </ul>
	<b>Mental health &amp; resilience</b>		Q6: "I've been dealing with problems well..."	What's your stress level? a) coping well; b) worried, nervous; c) very nervous, panicky; d) really anxious, panic attacks	<ul style="list-style-type: none"> <li>• "Do I generally feel calm, and capable of taking on life's challenges?"</li> <li>• "Am I able to bounce back when something goes wrong or does not go the way I had hoped?"</li> </ul>
Learning & school	<b>General</b>	"Are you enjoying school at the moment?"		4) How are you working? a) motivated and kicking goals; b) putting things off, forgetting stuff; c) unmotivated, not working well; d) can't get anything done.	<ul style="list-style-type: none"> <li>• "Do I <i>generally</i> feel motivated and engaged in my learning?"</li> <li>• "Am I feeling capable and motivated in my learning?"</li> </ul>
	<b>Workload &amp; Organisation</b>	"Are you managing your homework and not feeling like you are getting behind"?			<ul style="list-style-type: none"> <li>• "Am I managing my homework and not feeling like I am getting behind"?</li> </ul>
	<b>Exam Stress &amp; Other Crunch Periods</b>				<ul style="list-style-type: none"> <li>• "Am I feeling stressed, anxious, or overwhelmed by a major assignment or upcoming exam?"</li> </ul>
	<b>Work &amp; Income</b>				<ul style="list-style-type: none"> <li>• "What goals are important to me right now?"</li> </ul>

Growth, Challenge & Passion	General	"Do you feel like you are learning new skills and growing as a person?"	Q13: "I've been interested in new things..."		<ul style="list-style-type: none"> <li>• "Do I feel motivated and challenged?"</li> </ul>
	Hobbies				<ul style="list-style-type: none"> <li>• "Do I have hobbies or other interests that I am passionate about?"</li> <li>• "What do I love to do in my spare time and am I doing it regularly?"</li> <li>• "What do I do for fun?"</li> </ul>
	Growth, Challenge & Personal Development				<ul style="list-style-type: none"> <li>• "Am I challenging myself to try new things and develop new skills?"</li> </ul>
	Motivation & Passion				<ul style="list-style-type: none"> <li>• "Am I engaging in activities that inspire and motivate me?"</li> <li>• "Are there any goals that I want to work toward?"</li> </ul>
	Sense of Accomplishment				<ul style="list-style-type: none"> <li>• "Do I feel a sense of pride and accomplishment in my work or the interests I am pursuing?"</li> <li>• "Are there any goals that I want to work toward?"</li> </ul>
Community/Giving Back			Q2: "I've been feeling useful...."		<ul style="list-style-type: none"> <li>• "Do I feel proud of my contributions to my community*, and that I am giving back where I can?" *you may have many communities including your school, class, family, local and global communities, as well as any interest or religious groups you may belong to.</li> </ul>
	Community, teamwork & love				<ul style="list-style-type: none"> <li>• "Do I understand how my community contributes to my life and my wellbeing?"</li> </ul>
	Giving back & contribution				<ul style="list-style-type: none"> <li>• "Do I feel like I am giving back to my community, in the ways that I can?"</li> <li>• "Do I volunteer?"</li> <li>• "Can I raise money with my classmates?"</li> <li>• "Have I given my gift of my time to someone?"</li> </ul>
	Gratitude				<ul style="list-style-type: none"> <li>• "What do I feel grateful for?"</li> </ul>
	Spirituality				<ul style="list-style-type: none"> <li>• "Is my spirituality important to me?"</li> <li>• If so, "am I making enough room for my spiritual needs in my life?"</li> </ul>