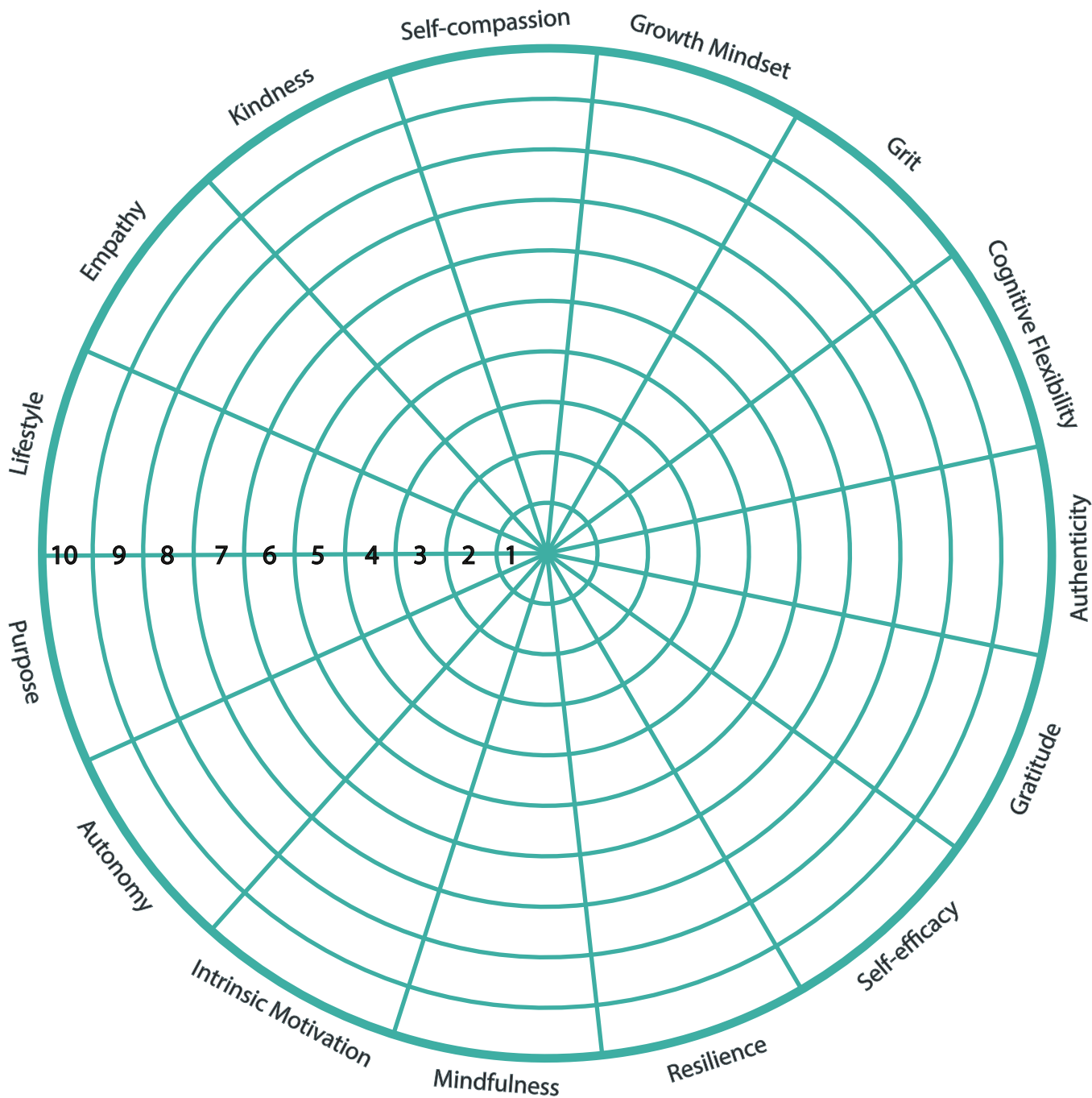


Your Umbrella Check-In



AREAS OF STRENGTH:

1. _____
2. _____

INSIGHTS:

OPPORTUNITIES TO IMPROVE:

1. _____
2. _____

Questions to accompany Your **Umbrella** Check-In

Name:

Grade:

School date:

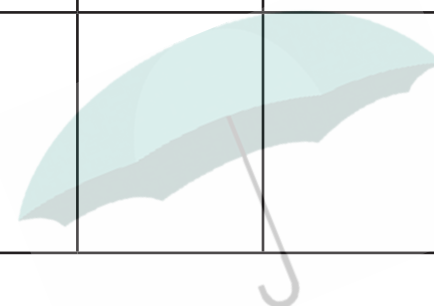
Wellbeing is a skill, in fact we now recognize it is a collection of skills that can be learned through practice. It isn't just growth mindset, grit or mindfulness, each skill forms a piece of an umbrella of wellbeing that protects us from the rain of life, helps us find meaning in our experiences, and is highly predictive of our future success. Your umbrella is always growing and changing and this check-in will help you to understand which parts of your umbrella are very strong and which parts could get stronger with practice. The strongest umbrellas are made up of a mix of wellbeing skills.

Please give yourself a score for each skill between 1 and 10 where:

0 – Never, 3 – sometimes, 5 – almost always

	Self-assessment	Parent	Teacher 1	Teacher 2
<u>Empathy</u> <ul style="list-style-type: none"> • I am good at understanding the way other people feel • I can tell when one of my close friends is unhappy 				
<u>Kindness</u> <ul style="list-style-type: none"> • I care what happens to other people • I like doing things for other people 				
<u>Self-compassion</u> <ul style="list-style-type: none"> • When I handle things the wrong way, I remind myself that everybody makes mistakes from time to time • When things are going badly for me, I see the difficulties as part of life that everybody goes through 				

	Self-assessment	Parent	Teacher 1	Teacher 2
<u>Growth Mindset</u> <ul style="list-style-type: none"> • I can greatly change how intelligent I am by practicing • I prefer hard challenges over easy ones 				
<u>Cognitive Flexibility</u> <ul style="list-style-type: none"> • I try to use different ways of answering hard questions when the first doesn't work • I am excited to try new things and meet new people 				
<u>Grit</u> <ul style="list-style-type: none"> • Even when things get hard I don't give up • I try to stick with problems until I solve them 				
<u>Authenticity</u> <ul style="list-style-type: none"> • It is easy for me to tell people what I feel • I am happy with the kind of person I am 				
<u>Gratitude</u> <ul style="list-style-type: none"> • When I look at my life I am thankful for many things • I recognize and appreciate what others do for me 				
<u>Self-efficacy</u> <ul style="list-style-type: none"> • I am confident that I can solve most problems if I really try • I can usually handle whatever comes my way 				
<u>Resilience</u> <ul style="list-style-type: none"> • When something bad happens, I am able to quickly bounce back and move on • I see difficulties as temporary and expect to overcome them 				
<u>Mindfulness</u> <ul style="list-style-type: none"> • I tend to think more about what is happening in the moment than the past and the future • When someone asks me how I'm feeling I can easily identify my emotions 				



	Self-assessment	Parent	Teacher 1	Teacher 2
<u>Intrinsic Motivation</u> <ul style="list-style-type: none"> • I do many activities just for the fun of it • I like solving problems 				
<u>Autonomy</u> <ul style="list-style-type: none"> • I take responsibility for my learning • My success is a result of my own efforts 				
<u>Purpose</u> <ul style="list-style-type: none"> • My life has meaning • I believe I can have a positive impact 				
<u>Lifestyle</u> <ul style="list-style-type: none"> • I give my body the things it needs to thrive like healthy food, exercise and fresh air • I take time to have fun and relax 				

When you have completed your umbrella assessment, add the two numbers for each skill and colour in the total on the matching section of your umbrella check-in.

