

Student Name: _____

Sharing and Reflection: Self-Care Wheel Mapping

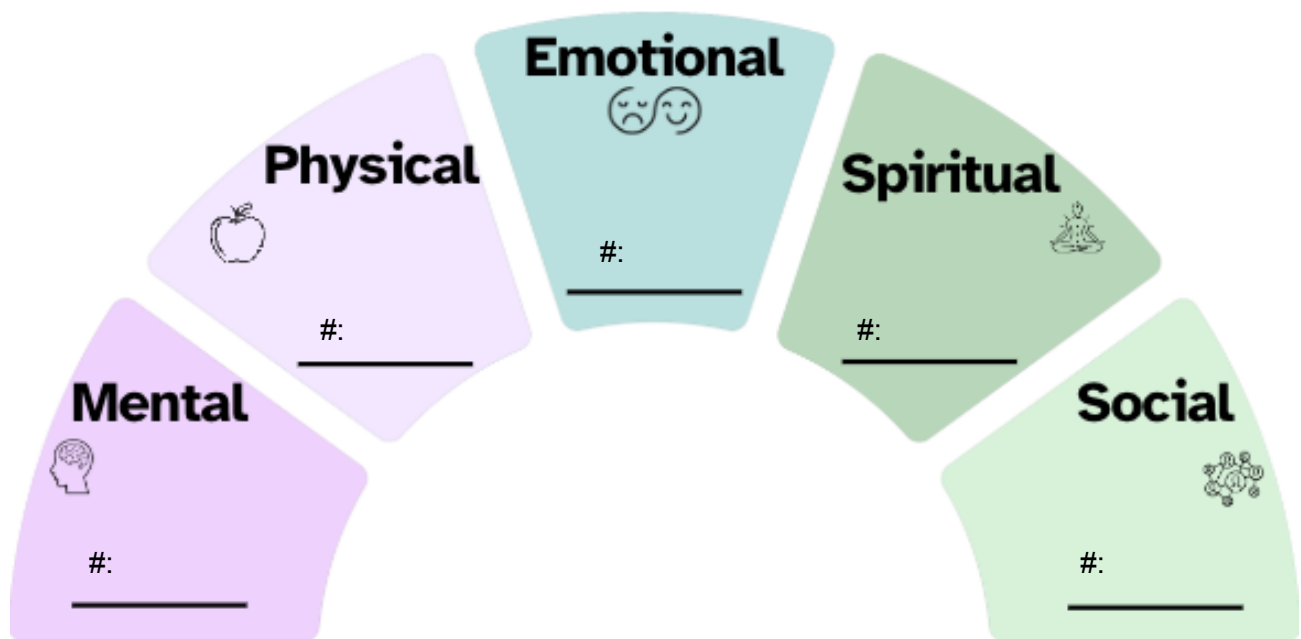


In this wheel mapping activity, you will reflect on the different areas of health and wellness and identify which areas you are strongest in and which areas need improvement.

Part A: As a class, brainstorm a list of different self-care habits. The [Self-Care Infographic](#) can be used to help brainstorm.

Part B: Answer Questions 1-4. Use the [Health and Wellness Infographic](#) to help with this part of the activity. By doing this worksheet, you will develop actionable steps toward supporting your overall health and wellness.

1. Rate your engagement in each category from #1 to #5, with #1 being the lowest engagement and #5 being the highest engagement.



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2. Pick your highest-rated category and list 3 self-care habits you already do to support this part of your life. (You may pick from the list created by the class in Part A or come up with your own).

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3. Pick your lowest-rated category and list 3 self-care habits from Part A you can start doing to improve this part of your life. (You may pick from the list created by the class in Part A or come up with your own).

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4. Explain why strong self-care practices can help you make healthier choices.