**Happiness Honeycomb**



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| Name:  |
| Date of completion | Total score |
| First session:  |  |
| Last session:  |  |

* I feel like I belong, have a sense of purpose and am part of a family/community
* I feel valued, loved and cared for
* I have a good quality of life
* I do the things that matter to me and have a social life of my choice
* I have a voice and my opinions are heard and valued.
* I feel that my life has meaning
* I am physically healthy
* I am mentally and emotionally healthy
* I have a positive and respectful approach to sexual health and relationships
* I live a healthy lifestyle and make healthy choices relating to diet and exercise
* I have spiritual wellbeing – I enjoy today and look forward to the future
* I have the information I need to understand risks and make the right choices.
* I am protected from abuse, neglect, violence and sexual exploitation
* I am safe from
* Accidental injury and death
* Bullying and discrimination, including through social media
* Crime and anti-social behaviour
* I have safe relationships and feel safe and cared for in a home environment
* I make safe choices and can resist peer pressure
* I am ready and able to access learning at school, college or another setting.
* I attend, engage and enjoy school/other learning settings
* I have the motivation and opportunity to learn and develop
* I am supported to perform to the best of my ability
* I am encouraged to learn and try new things, both in and outside the classroom
* I am developing the skills I will need in adulthood
* I am aware of, and can express, my rights and responsibilities
* I have good relationships with friends, family and in the community
* I am self-confident and able to deal with life’s challenges
* I can understand and manage / regulate my emotions
* I am positive about my identity and accept myself for who I am
* My talents are recognised and nurtured
* I can make good/positive choices in my life
* I get the help I need to manage my money
* I am developing the skills I need to be self-sufficient/manage my own care and support
* I am engaged in further education, employment or training on leaving school
* I am given the preparation and support I need to move into adulthood
* I am supported to work and to make a positive contribution to society

**Be Safe**

**Be Ambitious**

**Be Resilient**

**Be Independent**

**Be Happy**

**Be Healthy**