**Table 6.3 Checklist for Enablers and Impactors**

|  |  |  |  |
| --- | --- | --- | --- |
| **Wellbeing Correlations** | **Impactor**What negatively impacts this?How do you know? | **Enabler** What enables this?How do you know?  | **Possible individual or whole school action.**Can impactors be mitigated? If so how?Can enablers be further developed? If so How? |
| **Individual Level** |
| **Academic performance** |  |  |  |
| * Homework and study time considering involvement in other activities competing with time for homework
 |  |  |  |
| * Support
 |  |  |  |
| * Feeling of success and control
 |  |  |  |
| **Social emotional competencies and connections** |  |  |  |
| * Ability to deal with thoughts and feelings
 |  |  |  |
| * Emotional resilience and ability to cope with stressors
 |  |  |  |
| * A sense of self
 |  |  |  |
| * Mindfulness
 |  |  |  |
| * Attitude and respectfulness towards others and differing cultures
 |  |  |  |
| * Close Friendships
 |  |  |  |
| * Relationships with teachers
 |  |  |  |
| * Feeling of success and control
 |  |  |  |
| * Relationship with family/kin
 |  |  |  |
| * Other – list what is relevant to your context
 |  |  |  |
| **Spirituality** |  |  |  |
| * Religious beliefs
 |  |  |  |
| * Connection to church or religious body
 |  |  |  |
| * Spiritual connection with the environment/ to Country
 |  |  |  |
| * Meditation
 |  |  |  |
| * Other – list what is relevant to your context
 |  |  |  |
| **Health and physical activity** |  |  |  |
| * Good nutrition
 |  |  |  |
| * Appropriate sleep
 |  |  |  |
| * Physical activity
 |  |  |  |
| * Team sport
 |  |  |  |
| * Representative/Elite sport
 |  |  |  |
| * Physical wellness
 |  |  |  |
| * Safety
 |  |  |  |
| * Safe use of technology
 |  |  |  |
| * Other – list what is relevant to your context
 |  |  |  |
| **Community Level** |
| **Belonging and Connectedness** |  |  |  |
| * Group linkages, belonging and connectedness
 |  |  |  |
| * Memberships of associations
 |  |  |  |
| * Community involvement
 |  |  |  |
| * Employment/ voluntary work
 |  |  |  |
| * Family social and cultural supports
 |  |  |  |
| * Family transport
 |  |  |  |
| * Family belonging
 |  |  |  |
| * Family health and socio-economic supports
 |  |  |  |
| * Community expectations
 |  |  |  |
| * Other – list what is relevant to your context
 |  |  |  |
| **Structural Level** |
| **Housing** |  |  |  |
| * Quality of housing (place to do homework, equipment to do homework)
 |  |  |  |
| * Quality of housing where safety is featured
 |  |  |  |
| * Other – list what is relevant to your context
 |  |  |  |
| **Systems** |  |  |  |
| * Access to education
 |  |  |  |
| * Access to social services
 |  |  |  |
| * Access to political and justice systems
 |  |  |  |
| * Access to health systems
 |  |  |  |
| * Access to transport systems
 |  |  |  |
| * Other – list what is relevant to your context
 |  |  |  |