



### INSTRUCTIONS

# What's your why?

**This activity sheet is part of the Mentally Healthy Schools Student Mental Wellbeing Committee toolkit.**

It is designed to help staff understand students' interest in, and commitment to mental wellbeing, and their reasons for joining the Committee.

By ensuring there is space for students to share their motivations on taking part in the Committee, staff involved can understand their views, which helps facilitate the implementation of an effective committee.

# What's your why?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Fill in the below questions to help Committee Staff Leaders understand why you are joining the Student Mental Wellbeing Committee.

What three main skills do you hope to develop by being a part of the Committee?

How do you like to maintain your mental wellbeing?

How do you think the Committee can contribute to positive mental wellbeing in the school?

What do you hope to achieve within the school by taking part in the Committee?