



### 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 are three skills you hope to learn by being a part of the Committee?

What hobbies or interests do you have that make you feel good?

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