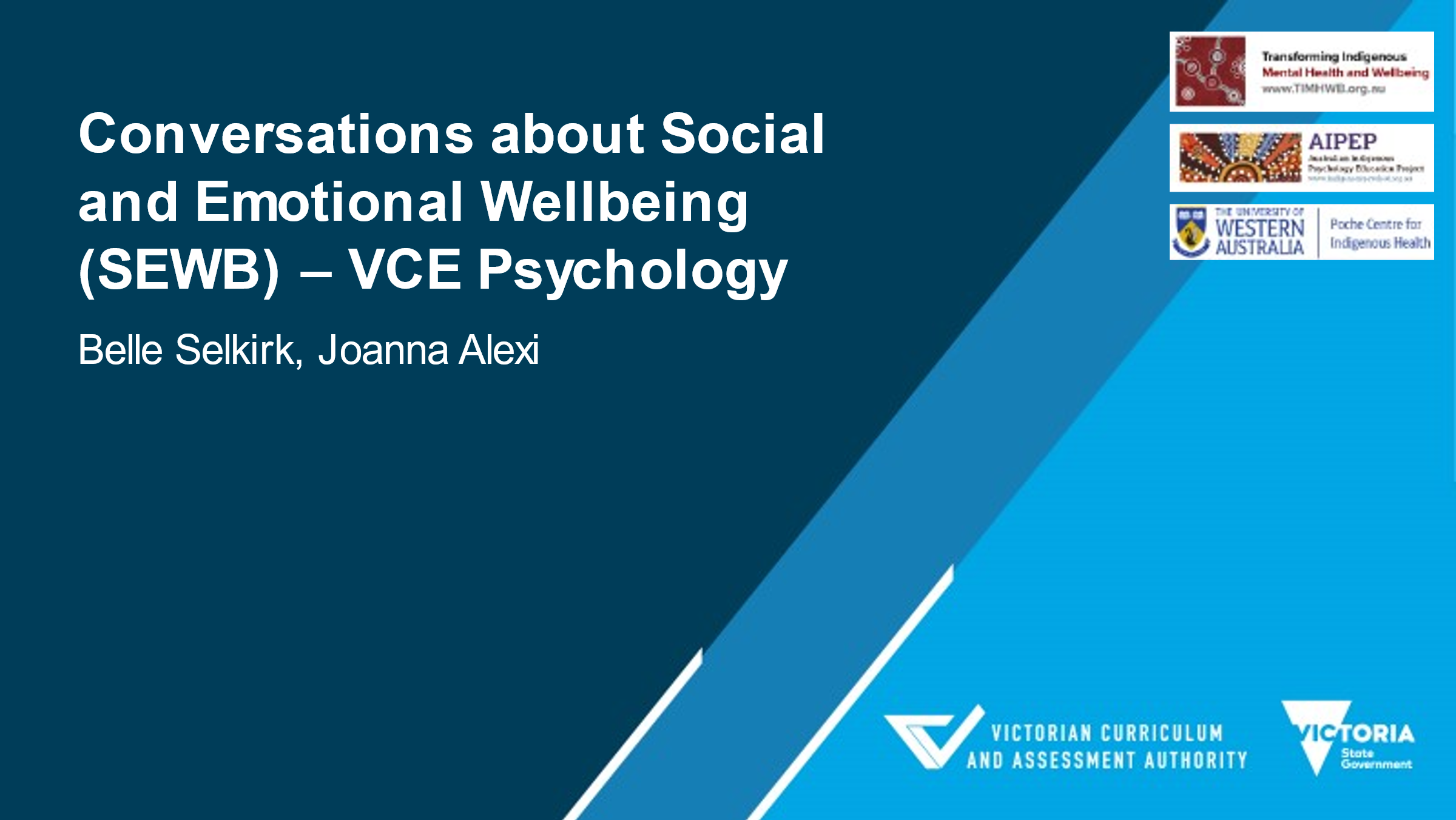
SEWB Webinar - Reflective Worksheet

Question 1: Positionality

* Who am I? What is my cultural background? What are my values?
* How can I introduce my ‘whole’ self?

Question 2: Human Rights

* What stood out for me regarding discussion of the human rights approach to health?
* In thinking about your education and training, what cultural standpoint did this come from?

Question 3: Determinants of Health

* Imagine how you might explain determinants of health to someone. How might you explain this?
* Where do you see your role in determinants of health?

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Question 4: Social and Emotional Wellbeing (SEWB)

* What does my wellness look like form a holistic perspective?

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Question 5: The Learning Journey

* What has been the biggest learning from today?
* In addition to teaching SEWB in the classroom, what actions am I ready to commit to in my cultural responsiveness learning journey?

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