

A World of Wellbeing



REFLECTIVE JOURNAL

Deirdre Murphy · Jim Ryan

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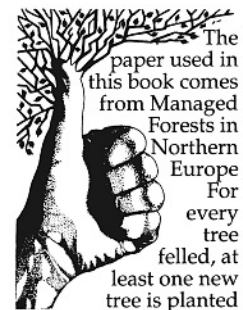
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How to use the templates in this book

Taking action

Use the templates at the end of each strand in this book to record and reflect on your thoughts and skills, the resources you used and the materials you collected. By using these templates, you will have recorded the key aspects of your action. You are required to complete **three** actions over the course of your CSPE short course, one for each strand. Therefore, you should use one set of the templates for each action.

Citizenship Action Record

The Citizenship Action Record shows how you have actively engaged in the topic or issue. It requires you to do two key things:

- 1 Report on the action you undertook.
- 2 Give your reflections on the experience.

Use the templates at the end of each strand in this book to help you with this.



Introduction: Welcome to *A World of Wellbeing*

Activity 1

What do the initials CSPE stand for?

C _____

S _____

P _____

E _____

Activity 2

CSPE is part of an area of learning called Wellbeing. In the space below, write down your definition of wellbeing and explain why it is important for young people today.

What is wellbeing?

Why is wellbeing important to young people today?

Activity 3

As a CSPE student, you need to be aware of what is happening in the world around you. Write down some details about a news event that is happening locally, nationally and in the wider world. Find out about these events by using digital media.

Local news

National news

International news

STRAND

1

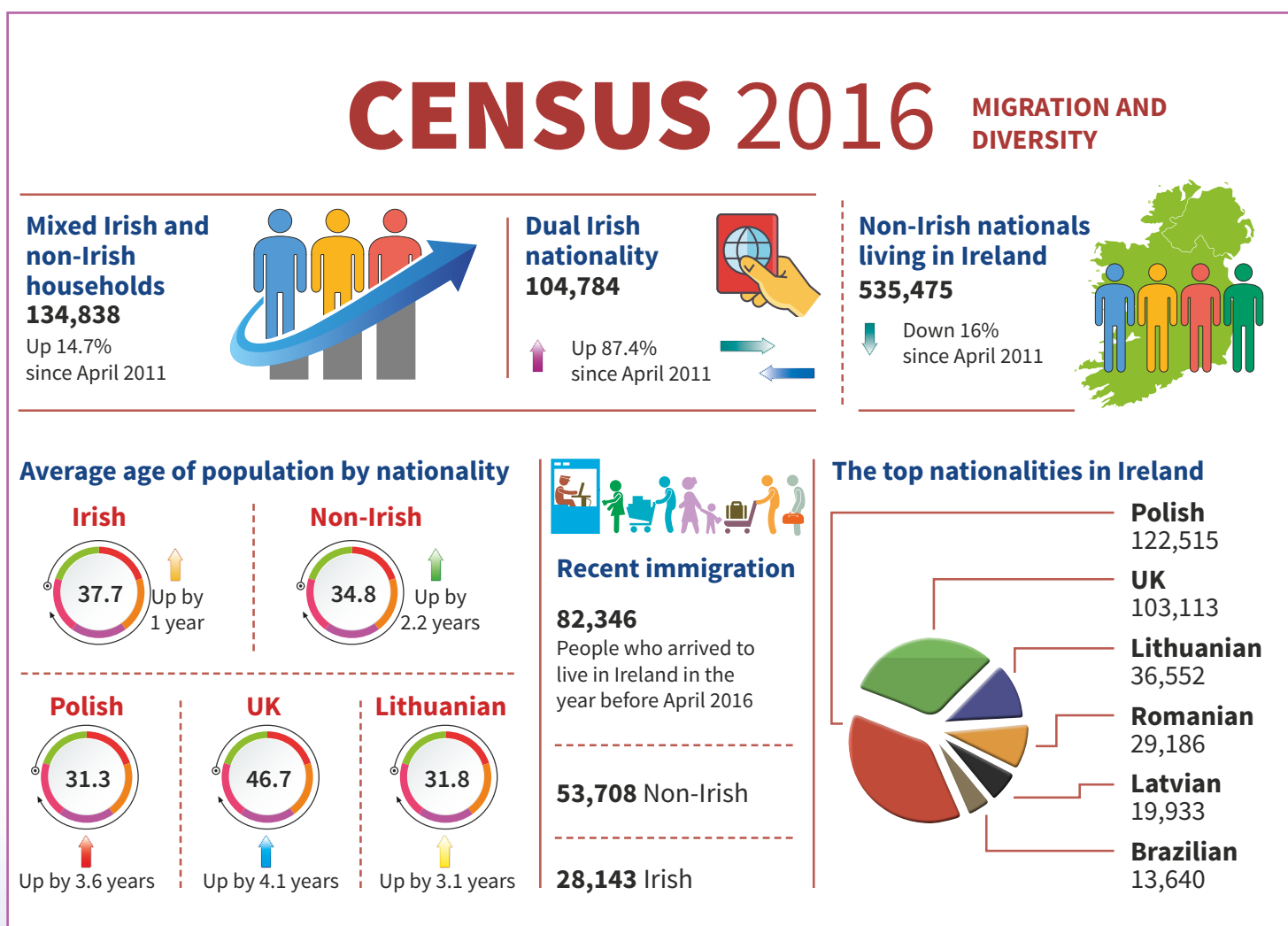
RIGHTS AND RESPONSIBILITIES



Rights and responsibilities in the community

Activity 1

Ireland is a diverse country. Study the infographic from the 2016 census below and answer the questions that follow.



- 1 How many non-Irish nationals were living in Ireland in 2016?

- 2 What were the top three nationalities living in Ireland in 2016?

- 3 How many mixed Irish and non-Irish households were there in Ireland in 2016?

- 4 Suggest two benefits of having a variety of nationalities living in Ireland.

Activity 2

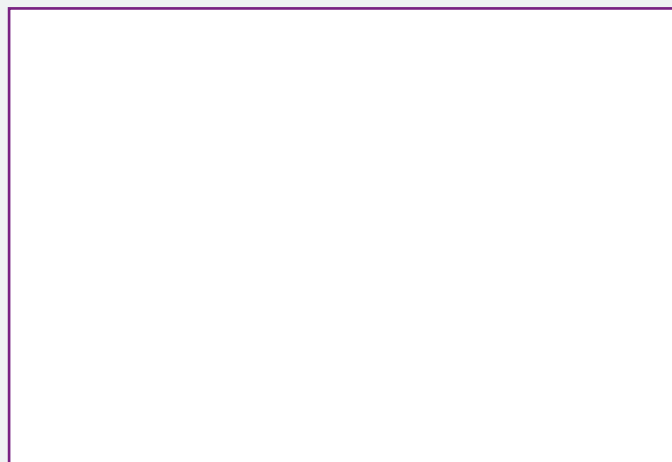
You are now a member of a new school community. What do you know about that community so far? Fill out the profile of your school community below and on the following page.

My school community

Name of your school: _____

Address of your school: _____

Picture of your school crest:



Number of pupils in the school: _____



Unit 1 *Human dignity: The basis for human rights*

List some people who belong to your school community.

List three ways in which your school fosters a sense of belonging.




Write down three rights to which every student in your school is entitled.

Write down three responsibilities of students in your school.



Activity 3

Fill in the table below for the 'Think, pair and share' activity on page 6 of your textbook.

Think!  What rights are all members of the school community entitled to?	Pair!  Listen to your partner. What are their thoughts and ideas?	Share!  With your partner, decide what information you will share with the class.
The rights of students:	The rights of students:	The rights of students:
The rights of teachers:	The rights of teachers:	The rights of teachers:
The rights of principals:	The rights of principals:	The rights of principals:
The rights of parents:	The rights of parents:	The rights of parents:



Activity 4

1 Are you an active citizen? Complete the active citizen checklist below.

Question	Yes	No
Do you watch the news and stay informed about what is going on in the world around you?		
Have you ever been involved with your school's student council?		
Do you recycle?		
Have you ever taken part in a community action (e.g. river clean-up, a campaign)?		
Have you ever fundraised for a charity?		
Do you dispose of your litter when you visit a beach or park?		
If you have a dog, do you clean up after it when you bring it out walking?		
Have you ever volunteered?		
Have you ever helped a neighbour?		
Have you used your voice to stand up for your own rights or the rights of others?		
Were you ever involved in the decision-making process at school or in the local community?		

2 Having completed the active citizen checklist above, do you think that you are an active citizen? Give reasons for your answer.





Reflective journal

Summary of the information you learned in this chapter:

- _____
- _____
- _____
- _____
- _____

What information did you find most interesting? Why?

Describe any new learning or insights you have gained.

How might this new learning be useful in your life at present and/or in the future?

Name two skills you have used or developed in your study of this topic.

Skill 1: _____


Skill 2: _____

Describe how you used these skills in your study of this topic.

Skill 1: _____

Skill 2: _____

How has your learning in this chapter supported your wellbeing or the wellbeing of others?

- 
- ✓ Managing Information and Thinking
 - ✓ Managing Myself
 - ✓ Staying Well