

Jordan Student Wellness Planning Tool



A wellness plan is a needs-focused intervention strategy based on the understanding that all children share common needs. A wellness team believes that working together, with the child, to meet their needs can make a difference in the child's life. In your discussion of this child's needs, document essential interventions, and who will provide them.

It's best to include some interventions that the child will take ownership of in support of their own wellness.

Physical Needs: food, water, sleep/rest, movement, exercise

Recommended Interventions & Person Responsible:

Safety Needs: stability, routine, security - include safety planning or adapting existing safety plans

Recommended Interventions & Person Responsible:

Connection Needs: friendship, love, belonging - consider adult and peer connections as essential

Recommended Interventions & Person Responsible:

Confidence Needs: skills, achievement, growth, esteem, independence

Recommended Intervention & Person Responsible:

Strategy for follow-up and check-in

Ensure that information shared with other school staff members is educationally relevant and focused on meeting the student's individual needs. In order to share any private health or mental health information, parental consent must be obtained.