

IDENTIFY THE NEED

A thriving community needs more than just food and shelter. Emotional, social, and mental well-being are just as important. The Wellness Wheel helps you recognize a wide range of needs that contribute to a healthy, balanced life.

CONVERSATION STARTER: What do you need in life to be happy?

KEY OBJECTIVES

-Identify and assess community needs using the Wellness Wheel.

WELLNESS WHEEL ACTIVITY

STEP 1: Introduce the Wellness Wheel

- Introduce the eight dimensions of wellness: physical, emotional, social, intellectual, occupational, environmental, financial, and spiritual. Discuss how each one plays a role in overall well-being.

ASK: Which areas do people focus on the most? Which areas are often overlooked?

WHAT YOU'LL NEED

- Printed copies of the Wellness Wheel
- Workbooks and pencils

STEP 2: Group Discussion

- Divide participants into small groups of 3-5 and discuss the following:
- What is a need you see in yourself or your family?
- What is a need in your school?
- What is a need in your community?

FACILITATION TIP

Make sure the youth are leading the discussion and identifying community needs, not just being told what the needs are.

REFLECTION

- What do you think is causing this need in your community? Is it due to a lack of resources, awareness, or something else?
- Review your youth council's purpose and mission. How can your group address these needs while staying aligned with its mission?
- What practical steps can we take to help meet these needs?





APPLICATIONS

- How can we involve the community in identifying needs, rather than making assumptions?
- Identify one to three specific community needs your youth council wants to address.
- How can we apply the Wellness Wheel to design meaningful service projects?

KEY TAKEAWAY: A thriving community meets more than just basic needs—it supports emotional, social, and mental well-being too. We can identify overlooked challenges and create meaningful, balanced solutions that truly make a difference. Real change happens when we listen, learn, and take action together.

CHECK UNDERSTANDING

- Did participants use the Wellness Wheel to identify real community needs? Did their discussions lead to practical and meaningful solutions?
- Did youth take the lead in identifying challenges and brainstorming actionable ways to address them?



