



Active Insight: Evidence in Action

Tip #830



Active Wellbeing Journaling Through Movement

Overview

Active wellbeing journaling opportunities strengthen participation, confidence, wellbeing, and self-awareness through reflective movement experiences supporting meaningful engagement and collaboration. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and reflective understanding. Students benefit from supportive wellbeing opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently across communities regularly.

Key Teaching Ideas

Effective wellbeing journaling experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Use reflective movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Facilitate inclusive participation strategies, wellbeing discussions, and collaborative planning approaches helping students strengthen relationships, maintain engagement, and develop sustainable movement participation habits across diverse learning environments consistently successfully together throughout participation experiences regularly.

Practical Application

- Use reflective movement journals supporting collaborative wellbeing participation opportunities.
- Facilitate wellbeing discussions strengthening reflective movement engagement experiences regularly.
- Encourage creative reflection supporting inclusive movement participation and understanding consistently.
- Create journaling challenges encouraging collaborative wellbeing participation opportunities regularly.
- Use visual reflection prompts strengthening wellbeing participation and confidence consistently.

Next Steps

Explore Individual Regulation & Active Breaks resources supporting wellbeing participation opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

