



# Program Self-Assessment of Health and Wellness Offerings

Use this self-assessment to consider the types of activities you currently provide and support, identify possible gaps, and determine if your program is in “the kickball rut” (doing the same activity over and over). Lack of variety limits enrichment opportunities for children.

## 1. What are your current health and wellness offerings?

- Does your program provide any free play time (recess)? How much?
- Does your program provide any structured physical fitness activities like dance, basketball or soccer? How much?
- Does your program provide any mental wellness activities like yoga and meditation? How much?

## 2. Do you gather information about the success of your health and wellness program?

- Do you survey or ask students about their satisfaction with and feedback on health and wellness offerings in your 21<sup>st</sup> CCLC program?
- Do you ask parents and families about their satisfaction with and feedback on health and wellness offerings in your 21<sup>st</sup> CCLC program?
- Do you ask staff about their satisfaction with and feedback on health and wellness offerings in your 21<sup>st</sup> CCLC program?

## 3. How do you leverage relationships with school-day partners?

- Do you have regular meetings with school-day staff to discuss the partnership?
- Do your program activities align with school-day health and wellness activities?
- Do you share resources, professional learning and curriculum with the school day?

## 4. What are the practices of your health and wellness program?

- Do your health and wellness activities connect over time through themes or curricula?
- Do you have a process for planning health and wellness offerings? What tweaks might improve the process?

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- Is there variety in your health and wellness offerings? If some activities are frequently repeated, what can you do to increase variety?

### 5. What gaps or missing elements might need attention?

- What changes do you want to make in your health and wellness program?
- How do you want to improve your relationship with the school day with regard to supporting health and wellness?
- How can you improve the health and wellness of your staff, your students, and families?