

# A WELLNESS ASSESSMENT TOOL FOR PHYSICAL ACTIVITY PROGRAMS



## PHYSICAL

- How does the activity support functional strength, balance, coordination or mobility relevant to daily living?
- Are modifications available to accommodate varying abilities while maintaining appropriate challenge?

## SOCIAL

- How does the activity create opportunities for interaction, eye contact, shared effort or group rhythm?
- Is there space for conversation, ritual, or shared tradition to develop over time?

## EMOTIONAL

- Is the environment psychologically safe, allowing residents to adapt movements without judgment?
- Are encouragement, humour and positive reinforcement intentionally cultivated?

## INTELLECTUAL

- Are participants invited to understand the purpose behind movements?
- Are coordination challenges or problem-solving elements incorporated to stimulate cognitive engagement?

## SPIRITUAL

- Does the activity create moments of presence, reflection or alignment with personal values (e.g., vitality, gratitude, perseverance)?
- Are there opportunities for connection with meaning through movement?

## VOCATIONAL

- Are residents given opportunities to contribute (e.g., leading warm-ups, assisting with setup, mentoring peers or codesigning sessions)?
- Is resident initiative recognized and affirmed?

## ENVIRONMENTAL

- Is the physical space arranged to support accessibility, comfort and inclusion?
- Are movements connected intentionally to everyday environments or natural settings?