

# WELL-BEING



For further advice and support,  
please feel free to contact us.  
Helen.Wallace@derbyshire.gov.uk



## Pupils' voice for well-being

- Allow pupils to have a voice through the election of **mental health ambassadors**.
- Create a safe and discrete way to allow all pupils to communicate worries to staff.
- Develop a pupil led monthly or termly **newsletter** encouraging well-being.

## Relax and Recharge

Have somewhere outside where pupils can go to relax, think and escape e.g. sensory/themed garden or a time out/chill zone.

Find time in the school day to carry out yoga and mindfulness activities.

Try [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

## Reflect

Studies have shown that having a positive reflection of your day can improve your mental health. Be **GLAD**! Reflect and think of one thing from your day you're **G**rateful for, one thing you have **L**earned, one thing you've **A**chieved and one thing that's brought you **D**elight.



## Affirmation

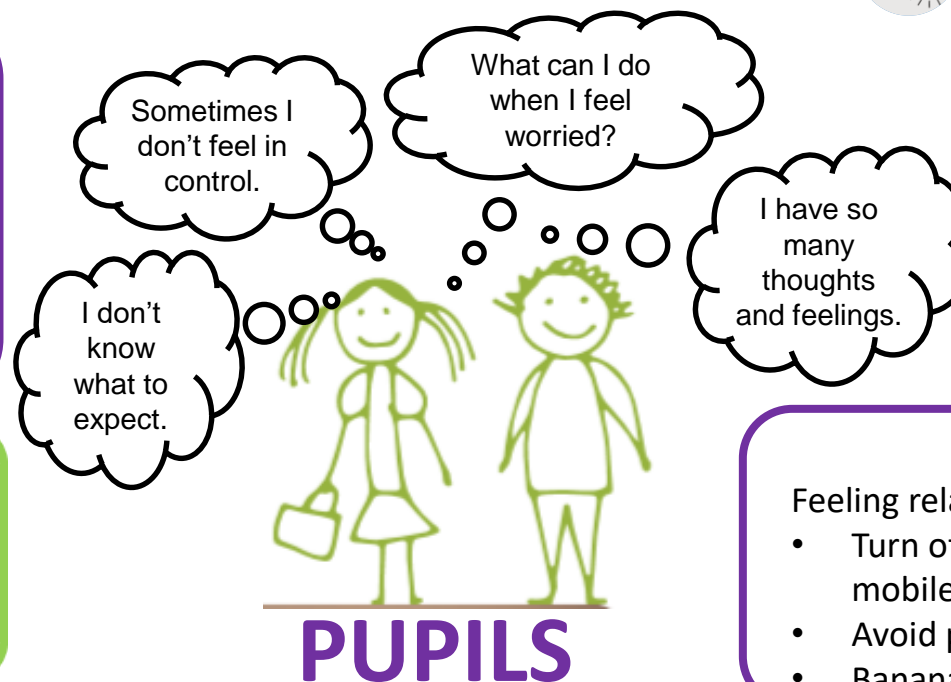
Practice positive thinking and self-empowerment.

- Through photos, drawings and pictures, create a class display showing what the pupils are proud of, what they like doing, what they are good at, etc.
- Encourage **positive self-talk**. 'I am enough.' 'I can make a difference.' 'I can do anything I set my mind to.'
- Make a bookmark with their favourite affirmations.
- Create a culture where pupils recognise their own and others' talents, strengths and positive characteristics.

## Sleep

Feeling relaxed is important for sleep.

- Turn off all screen activities 1 hour before sleep. E.g. mobile phone, T.V and laptop.
- Avoid physical activity before bedtime.
- Bananas and milk are good bedtime snacks ☺



**We recommend...**

### Mindful Kids

By Whitney Stewart and Mina Braun

