

## Ideas for initiating student wellbeing activities in school

A selection of ideas collated from several schools and student leadership teams.

- **Listening Ear** or drop-in for students, led by students during lunchtime and breaktime
- **Year 7 friends** Year 9 and upwards student wellbeing team support Year 7 students once a week during tutor time
- **Curriculum support** to include mental health and wellbeing into PSHE. Students review curriculum with teachers, including learning walks
- **Media department support** students with designing, recording and editing a five minute video about the importance of 'it's ok not to be ok' and talking about mental health
- **Student led assembly** on mental health, with students sharing their experiences of how they manage their mental health on a daily basis
- **Student led audit of local GPs** to see what mental health support is available, including what language is spoken
- **Leaflet** designed and created by students to distribute at parents' evening to help parents support their child with mental health, particularly around exams
- **Termly wellbeing magazine** for students, designed and created by the journalism club
- **Friday hot chocolate and biscuit club** for students with low confidence or are shy, or they are perhaps a young carer, facilitated by the student wellbeing team
- **Mindfulness club** at lunchtime, including mindfulness colouring, Lego and yoga



- **Questionnaires** for students to ask them what they think the school is doing well and what they think they could do better with regards to wellbeing and mental health
- **Support for students** who are in crisis, e.g. a student experiencing a panic attack being supported by a member of the wellbeing team to help them manage their feelings

Further resources:

<https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/>