



Mental Well-being Week 17th - 21st October 2016

Our mental well-being week will focus on the 5 steps to mental well-being with a range of activities and sessions looking at students identifying things which aid or affect their mental well-being and what they can do to help themselves with their mental well-being. Please feel free to alter, adapt and advance any of the sessions especially if it proves beneficial to student well-being or their understanding of it. Please take photos and jot down quotes to capture 'magic moments'

WINNING WAYS TO WELLBEING



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**



**Your time,
your words,
your presence**



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**



**EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF**



**DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD**

The sessions:

Session	Resources required/ Venue	Description	Extension and Questioning
Happy Tree	A branch of a tree, leaf template, coloured pens/pencils	Students go in to Forest School and find a branch of a tree (preferably off the ground). Use the leaf template or a leaf design of their own, students write or draw what makes them happy. On the other side or on a separate leaf, students write or draw what a happy feeling is. They then attach it to the tree.	Discuss as a group some of the things on the tree. How often they get to do the things that make them happy. Where do the happy feelings come from?
Well-being Survey	Computers Word document from students shared area.	Students to complete the online well-being questionnaire. The link to the questionnaire and the word document students need to complete the questionnaire are in: Student shared area PASS 2017 Questionnaire	Quiet reading time
Connect	Pens/pencils thinking maps	Students get the opportunity to take the time to listen to each other and ask questions. Rules on small talk are discussed in order to offer students a way in to conversations	See worksheet
Circle time, reflect and give to others	Student nomination spreadsheet	Students have times to reflect on their day with a focus on: <ul style="list-style-type: none"> • what have you learnt • what have you learnt about yourself • what have you learnt about someone else in the group • Tell someone what they have done well today 	

		Please record student responses on the student nomination spreadsheet (emailed out) to the main question which is in bold above. These will form the awards in Celebration Assembly.	
Yoga	In the hall	Natalie will lead the session. Please can staff aid her... and join in.	
Social games	Games	A chance for students to spend time with each other and connect in a fun environment	
Forest School Resilience	Meet at the back doors to go outside	Dave Atkinson will use Forest School to lead the session on well-being and resilience.	
Be Active	Pens/pencils Thinking maps Worksheets	Research proves that exercise is a good way to alleviate stress. Doctors are prescribing exercise and the NHS is paying for some patients to join gyms. Students should discuss what exercise they enjoy doing and how it makes them feel. Please complete the exercise and health questionnaire during this session as a whole group	Can your group plan a whole group exercise session? It doesn't have to be regular exercise...
Challenge	To be supplied	A chance for students to be active and work as a team to complete a fun challenge	
Inside Out	Inside out workbooks	Using the characters from the film Inside Out, students look at themselves in detail and highlight what makes them feel like the different characters in the film, why and how they can or could change those feelings.	Discuss if it is ok to have the different feelings at different times and to what extent is it ok.
Managing Me	Feelings workbooks	Students look at themselves in detail and highlight what makes them feel like the different feelings, why and how they can or could change or cope with those feelings.	Encourage student to offer advice to others about coping strategies when they feel the same way.
Chaerobics	Youtube	A FUN physical activity in the comfort of your chair. Please	

		emphasise FUN. Click on the link below and enjoy... https://www.youtube.com/watch?v=VGPFm_QCi3Q	
Breakfast Club		You know about breakfast club	
SAFC and DW Diet and Sport	Stay in your tutor rooms	Sunderland football club and Dan will deliver a session on healthy eating, how to eat like a sports star.	
Take Notice	Take notice worksheets Google	What do students see around them? Students compare what they see happening around them with what they would really like to see in their lives. e.g. a place in the world, a particular person.	Please try and tease out some awe and wonder.
Dramatic Enquiry	Hall Judith	Enquiry based on Happiness	
RaoK – Random Act of Kindness		Each group is tasked with deciding on a RaoK and fulfilling it at some point in the week. The RaoK should be outside of what students normally do and should have a positive effect on the person/people you are targeting	
DIY		Personal time for students to choose how to spend a small part of their week positively	
Singing in the hall	Hall with Emily	All KS3 and optional for KS4 and KS5. A proper sing along to get people uplifted	
Keep Learning	Worksheets	Students discover that everyone learns all the time and for the rest of their lives. What would they like to learn to do?	
Positivity		Being positive about who we are and what we are capable of	
Travel Training	Richie and	Students will look at what it means to become more	

	Maria in Judith's room	independent and how it can have a positive impact on their lives and what they could be capable of.	
Lynn Adamson		Exploring sound and how this effects our mood both positively and negatively	
Give		How giving to someone else actually has a positive impact on how we feel about ourselves	
RNLI	In tutor rooms	The RNLI will talk and do fun activities with students around staying safe in and around water	
Happy Fruit and Veg	Fruit and Veg from Craig	Students must turn their fruit or veg in to a happy character. Attach any items to the fruit and veg to make them happy and funky. Students can present their fruit and veg with a back story of what makes them happy Keep your eyes open for a special guest around school.	Please take photos of the fruit and veg
Guinea Pigs	Surveys	We have a range of surveys that we need to test in order for staff to do their research this year. I am hoping that Sixth Form will help us in deciding which surveys are valuable.	
Week recap	Feedback sheets	Students to discuss the week they have had in relation to the mental well-being.	Please make note of any quotes

