



# Wellbeing in our school WORKSHOP 1

Title of workshop	Wellbeing in our school (1)
<b>AIM</b>	To better understand students' experience of wellbeing in different areas of school life and to assist the school in its planning for student wellbeing.
<b>PARTICIPANTS</b>	The workshop can be used with students drawn from within a year group, across year groups, a whole class group, from special interest groups, e.g. children with additional needs, LGBTI.
<b>ROOM LAYOUT</b>	Flexible seating arrangements.
<b>FACILITATOR</b>	Class teacher or other teacher
<b>TIME</b>	Double lesson period
<b>RESOURCES</b>	Outline map of school (A3) Colour markers Flip chart or similar means of recording outcomes
<b>STEP 1</b> <b>Whole-group activity</b>	Brainstorm the word 'Wellbeing' with the group. Record all the words and phrases. Agree common themes with the group.
<b>STEP 2</b> <b>Groups of 4/5</b>	Give each group an A3 photocopy of the map of a school. Appendix 1: Using the different colour markers, students highlight where they <ul style="list-style-type: none"> <li>• have a positive experience of Wellbeing</li> <li>• could have a positive experience of Wellbeing</li> <li>• learn the knowledge and skills and develop the dispositions which support wellbeing</li> </ul> In their groups, students complete the following sentence... <i>In our school, students have a positive experience of wellbeing...</i>
<b>STEP 3</b> <b>Wellbeing definition:</b> <b>(Same groups)</b>	Using the words and phrases from the first activity and drawing on the conversations that happened in the second activity, create a definition for Student Wellbeing. <i>Student wellbeing is present when ... (40 words maximum)</i>
<b>STEP 4</b>	The facilitator highlights the different areas of school that have been mentioned in the discussions about wellbeing so far. Ask each group to prioritise one area for attention in supporting students' wellbeing.

Title of workshop	Wellbeing in our school (1)
<p><b>STEP 5</b></p>	<p>Each student talks to another student in a different group about the area their group has chosen and the advice they are giving. Students listen carefully to any new ideas and suggestions.</p> <p>The groups re-convene, consider their advice again taking on board any new ideas.</p> <p>Each group agrees three steps they would suggest for this area of student wellbeing. Record clearly on a page.</p>
<p><b>CONCLUSION</b> <b>One-minute paper</b></p>	<p>Using an A4 page, divided in two, each student is invited to responded to the following</p> <ul style="list-style-type: none"> <li>• What big message are you taking away from today?</li> <li>• A comment or suggestion you would like to make.</li> </ul> <p>Explain to the young people where and how their feedback will be used to inform the development of the Wellbeing Programme.</p> <p>Invite some of the young people to be involved in collating and presenting the overall feedback from the workshop to the Wellbeing Team and/or school management.</p> <p>Agree when and how all of the participants in this workshop can receive an update about this and what the next steps are.</p>

