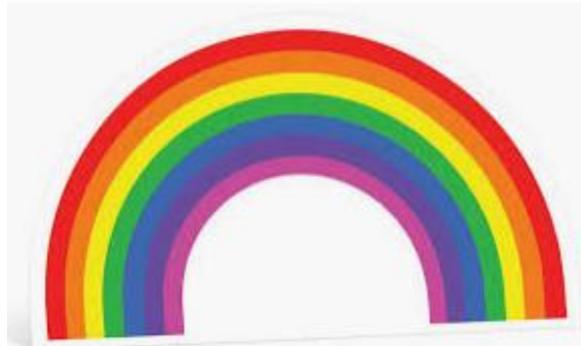


# Wellbeing Ambassadors



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What does the term 'Mental Health' mean to you?

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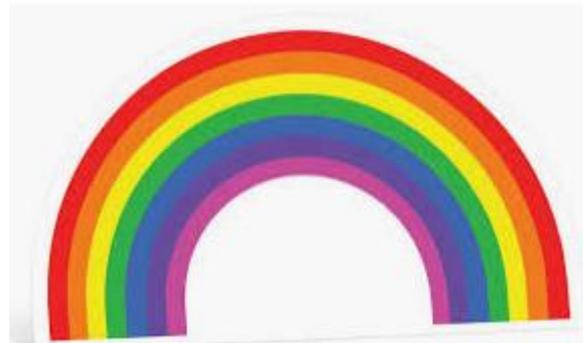
# What Is Wellbeing ?



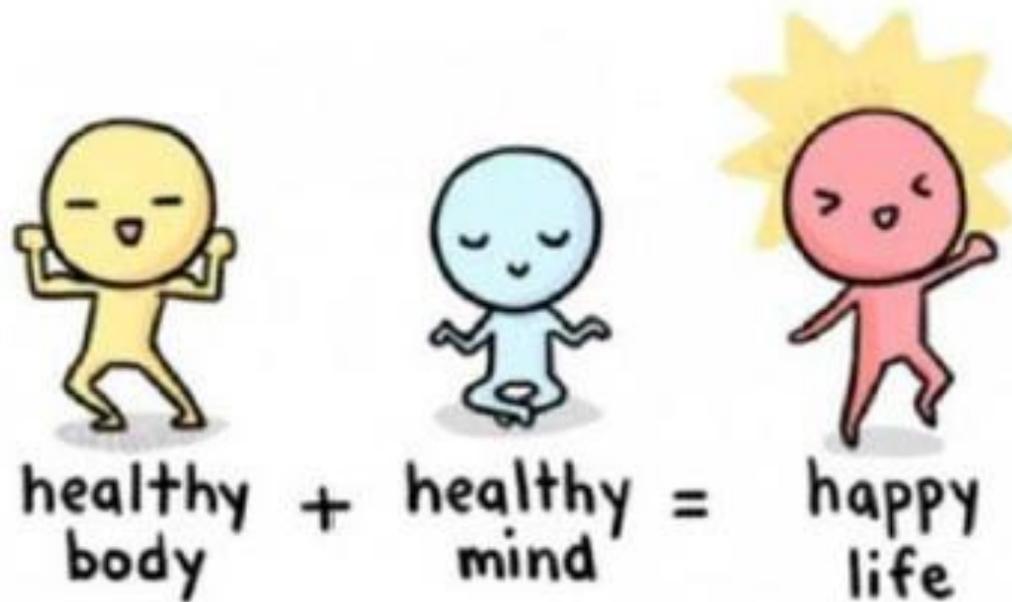
Wellbeing involves both your **mind** and your **body**.



Wellbeing is about **living** in a **healthy** way that is positive for you and for others around you.



# Basically...



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Pathways to wellbeing



Five ways to  
wellbeing



# Connect...



- With the people around you
  - With family, friends, colleagues and neighbours
  - At home, school or in your local community
- 
- Invest time in developing these relationships and friendships
  - Building these connections will support and enrich you everyday!



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# Be active...

- Go for a walk or run
- Step outside
- Cycle
- Play a game
- Garden
- Dance
- Exercising makes you feel good
- Most importantly choose a physical exercise you enjoy and that suits your level of fitness.



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# Take notice...

- Be curious
- Take note of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment
- Be aware of the world around you
- Reflect on your experiences
- Appreciate what matters to you



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# Give...

- Do something nice for a friend
- Thank someone
- Smile
- Volunteer your time
- Join different groups



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Download from  
Dreamstime.com

5818711  
Vladislav | Dreamstime.com

# Keep learning...

- Try something new
- Rediscover an old interest
- Take on a different responsibility
- Learn to play an instrument
- Learn a new language
- Set a challenge you will enjoy achieving
- Learning new things will make you more confident as well as being fun!



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# Watch the following clip...

## Video

•<https://www.youtube.com/watch?v=yF7Ou43Vj6c>



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# Wellbeing Ambassadors Wanted!

*Do you really care that the children in our school are happy?*

*Do you like to lend a helping hand to others in their time of need?*

The Wellbeing staff team at Whinmoor St. Paul's would like to appoint Wellbeing Ambassadors.

Overall, a Wellbeing Ambassador will need to spread joy, lift people's spirits and be there for anyone in their time of need.

If you are interested in becoming a Wellbeing Ambassador please write a short letter or draw pictures of how you could help spread happiness in St. Mary's to the Wellbeing team by Monday 28<sup>th</sup> September 2020.

We look forward to hearing from you.

The Wellbeing team.



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# The Wellbeing Ambassadors Role

- 1) To spread happiness and peace throughout the school.
- 2) To welcome new children and staff to the school.
- 3) To be kind, caring and helpful towards others.
- 4) To always treat others as you would like to be treated yourself.
- 5) To always follow God's word



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