Class Wellbeing Conference

Wellbeing can mean different things to different people, and it’s important for pupils to understand what works for them when it comes to looking after their own mental wellbeing.

In this task pupils will research a wellbeing initiative and present to the class in groups.

**Objective:** Pupils will learn about different wellbeing initiatives and the advantages and disadvantages of their chosen topic.

**Materials:**

Worksheet

Pens and paper

**Time:** 40 minutes

**Part One** (10 minutes)

* Divide the class into groups of 3 or 4 pupils.
* Read the introduction to pupils
* Ask the groups to choose a wellbeing activity to research  
  *Make sure there is an even spread of the topics throughout the class*

**Part Two** (15 minutes)

* Next ask pupils to complete task 2 a, b & c in groups.

**Part Three** (15 minutes)

* Ask pupils to present their work in groups to the class.

*Ask pupils what they think would work best for their own wellbeing?*

# Class Wellbeing Conference – Worksheet

## Introduction

Wellbeing is all about being healthy, safe, comfortable and happy.

The following things have been found to affect wellbeing:

* Having a sense of belonging
* Sleep
* A balanced diet
* Exercise
* A safe physical environment
* Relationships with friends and family
* A support network of friends
* Finances – having adequate money

But wellbeing can mean different things to different people e.g. what makes one person really happy might not make another happy. In this task you will research different methods of improving wellbeing.

## Task Part One

1. **Chose a topic from the below activities that improve wellbeing:**

* Giving to others *e.g. volunteering*
* Healthy diet *e.g. fruits, vegetables, nuts and pulses*
* Regular exercise *e.g. sports and being outdoors getting fresh air*
* Connecting and communicating *e.g. sharing your feelings and being a good listener to your friends and family*

## Part Two

1. **In groups answer the below questions for your chosen topic:**
   1. **What are the benefits of doing this activity?**

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* 1. **What are the challenges of doing this activity?**

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* 1. **How this activity can be incorporated into school life?**

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