Wellbeing and Mindfulness Assembly Script

It’s imperative that pupils learn from a young age that wellbeing is important for a healthy mind and body. In this assembly pupils will explore what wellbeing means and how to take care of their own wellbeing using mindfulness and tootoot.

**Slide 1**

Welcome!

Today we will be exploring wellbeing and mindfulness.

*Ask pupils to put their hand’s up if they have heard of wellbeing / mindfulness.*

**Slide 2**

What is wellbeing?

It’s about how we are doing as a person.

* Do you realise your potential?
* Can you cope with day-to-day stresses?
* Can you be productive?
* Are you able to contribute to your community?

**Slide 3**

Why is it important to take care of your own wellbeing?

* It helps you achieve at school
* It helps you emotionally
* It helps you in later life

**Slide 4**

How can you take care of your own wellbeing?

*Ask pupils for their suggestions.*

There are five main ways:

* Connect with others
* Be active
* Give to others
* Keep learning
* Take notice of your surroundings

**Slide 5**

Today we are going to focus on taking notice of your surroundings.

**Slide 6**

One way to take notice of your surroundings is by practicing mindfulness.

Mindfulness is noticing our thoughts what our body feels like, what our ears are hearing, and anything else that is around us and happening right now.

**Slide 7**

We’re all going to practice a mindfulness technique called belly breathing that you can use whenever you are feeling overwhelmed.

1. Please can everyone close your eyes
2. Place your hand on your belly
3. Take a deep breath
4. Slowly breath out
5. Feel your belly going in and out and focus on the movement
6. Listen to the sound of your breathing

(Do this for 30 seconds)

*After ask pupils how this made them feel.*

**Slide 8**

If you ever feel like you are struggling with your own wellbeing you can send a message on tootoot.

**Slide 9**

Tootoot is a safe and private place to talk about anything that is worrying you.

**Slide 10**

To use tootoot you can go to [www.tootoot.co.uk](http://www.tootoot.co.uk) or use the app

**Slide 11**

Then enter [school name]

**Slide 12**

Next enter your log in details

**Slide 13**

Finally enter your message and click make a noise

**Slide 14**

If you forget your tootoot login, please speak to ……………