

## **The Wellbeing Base**

The Wellbeing Base is run by Mrs Hammond and Ms Kimble and is accessible to pupils during their lunch break. The Wellbeing Base is a dedicated space where pupils can access additional emotional support by speaking with one of the adults in the room about their feelings, worries, friendships or other problems they may be experiencing that day. In the Wellbeing Base there are also calming, relaxing, mindful activities available for the pupils to use during this time. There is space to sit quietly and read a book or bean bags to lounge on and listen to peaceful music.

If a child comes to the Wellbeing Base and is feeling angry, sad, upset, jealous etc we also have available a booklet-based resource created by children for children to work through. These booklets allow pupils to start exploring negative feelings with a different media. Pupils are then able to go on to discuss and articulate how they are feeling, why they are feeling this way and, with an adult, discuss the completed booklet with them to explore ways forward.

## **Wellbeing Champions**

Our Wellbeing Champions are a small group of selected pupils in Key Stage 2 who champion positive pupil mental health and wellbeing. They like to give to others, are compassionate and are good at listening to others when needed. These children take it in turns on a rota basis to be in the Wellbeing Base or on the playground during lunch break to support their peers. Wellbeing Champions attend regular meetings with Miss Smith and Mrs Hammond for ongoing training and have significant input into wellbeing activities organised for the whole school.

## Wellbeing Champions:

Lainey, Jack, Lacey, Joshua, Kieran, Amy, Mia and Daisy

