Love God. Love your neighbour as yourself:
Be the Good Samaritan. Luke 10. 25-37

Student Council Session: 35 minutes
Theme: Wellbeing at Our School – "Healthy Bodies, Happy Minds"

Outcome:
Students will reflect on how the school currently supports wellbeing and suggest new, student-led ideas for improving both physical and mental health across the school.

Resources:
Session plan, Logistics plan, Sorting game resources and answers. Statement game resources and answers and record sheet

Sorting Game (5 min)

Activity: *"Mind or Body?"*
Use picture cards ("playing football", "talking to a friend", "eating fruit", "taking deep breaths").
Children work in pairs to sort them into:

- Body Wellbeing
- Mind Wellbeing
- Both

Use the Answers/Discussion prompt sheet to generate discussion. You might challenge pupils to consider if some activities belong in the "Both" column. For example:

- Playing football can help your mind by reducing stress or helping with teamwork.
- Eating fruit can help your mind by giving energy and nutrients that improve focus.

Wellbeing corners (10 mins)

Place down 4 pieces of A4 paper: **Strongly Agree, Agree, Disagree and Strongly Disagree.**
Refer to instructions for activity.

Record sheet
The Governors and staff at St Luke's really care about your wellbeing. We want you to think now of how we can make our school a healthier, happier place.

1.**What do we currently do to support Wellbeing?**

In class and In school:

-Two trusted adults in every class
-Worry boxes-"Tell Luke your worry."
-Naturehood tutor (Sophia)-Outdoor learning
-Reflection spaces in classrooms to help with regulation
-Hot chocolate Thursdays
-Good Samaritan Award-Peer nominated
-Collective Worship (Monday)-Spiritual reflection
-Daily movement break (Daily mile)

At Lunchtime:

-Football/Table Tennis at Lunchtime
-Music in the playground on Fridays
-Friendship stops

2.What additional things could we do? This could be something that we include in our timetable? This could be something that improves our dinner hall or playgrounds?
Encourage a mix of practical and creative ideas. This could include:

- Morning Mindfulness -Starting the day with breathing exercises or quiet reflection.
- Gratitude Circle or Journaling(10 mins weekly)-Pupils take turns sharing something they're thankful for.
- Short brain breaks involving stretching, dancing, or yoga or sensory circuits
- Kindness Challenge (1 per week) A small act of kindness goal for the week (e.g. "Say something nice to a friend").
- Feelings Check-In (daily)-Children could use cards or visuals to share how they're feeling each morning or after lunchtime
- Storytime with a Message (weekly)- Choose a book with a wellbeing or emotional learning theme.
- Buddy Time (monthly)- Older and younger students pair up for reading or games to build community.

As a group, vote for one idea we could try this term-make a note on this on the record sheet

<u>Facilitator Notes:</u>

Choose ideas that are realistic and within the school's capacity
Ensure pupils feel heard and see their input valued
Adults make a record on the sheets which will be collected by our Head boy and Head Girl..