

Manor Field
PRIMARY SCHOOL

Wellbeing Champions





Who are Thought-Full?



- Thought-Full are a service from West Sussex
- We work with different schools
- We can help schools to promote positive mental health and wellbeing
- We can work with pupils
- We can work with teachers
- We can work with parents



mental
wellbeing

What does wellbeing mean?

Personal wellbeing is very important. We can think of it as how satisfied we are with our lives, our sense that what we do in life is worthwhile, our day to day emotional experiences (happiness and anxiety).



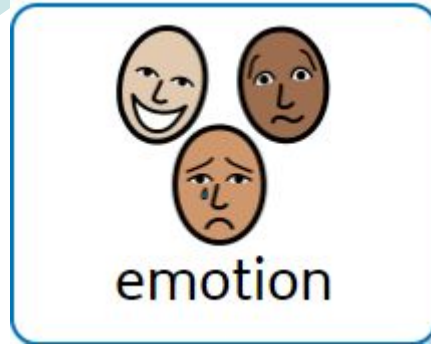
How we are doing

How you feel
inside as a person

Good mind, good
heart, good body

Emotional Well-Being.

The ability to practice stress-management and relaxation techniques, be resilient, boost self-love, and generate the emotions that lead to good feelings.

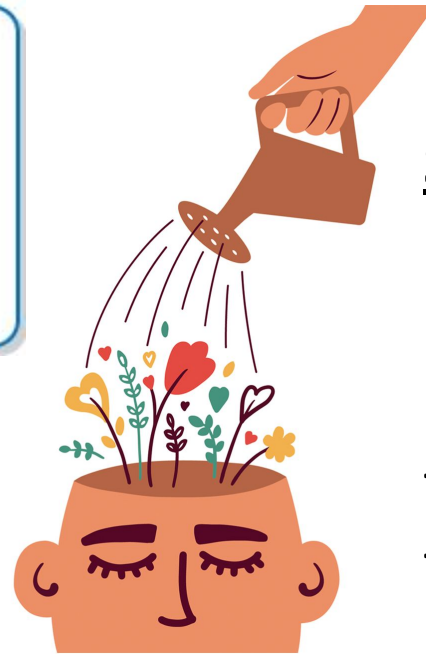


What does wellbeing mean?



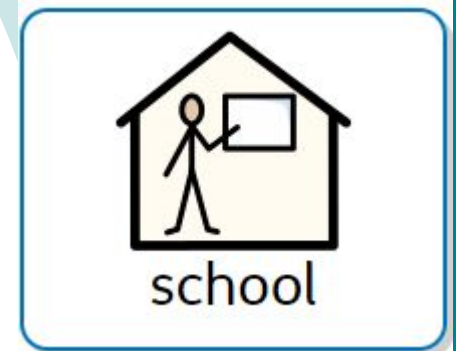
Social Well-Being.

The ability to communicate, develop meaningful relationships with others, and maintain a support that helps you overcome loneliness.



School Well-Being.

Being able to engage in your interests, the things that you love and the things that you believe in.





What does wellbeing mean?



Societal Well-Being.

The ability to actively participate in a thriving community, culture, and environment.



Physical Well-Being. The ability to improve the functioning of your body through healthy living and good exercise habits.

Connect

Take notice

What can help
make us feel good?

Keep learning

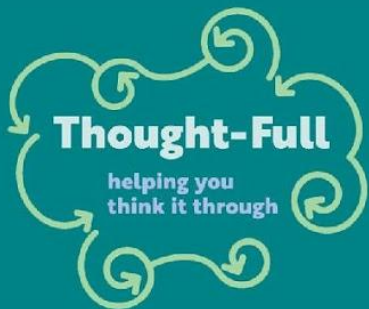
Be Active

Give



•Can you think of ways that you might have helped a friend or family member feel good about themselves?





Wellbeing Champion Training

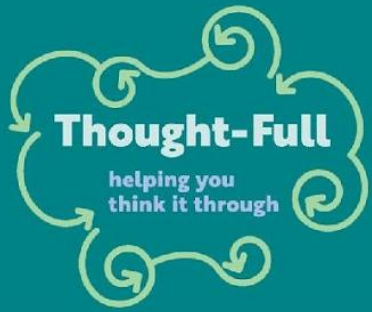


- What is wellbeing?
- Keeping yourself safe
- Listening skills
- Five Ways to Wellbeing
- Sharing your knowledge



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After the training – You will be a **Manor Field Wellbeing Champion!**



Our Wellbeing Champions



P. Robinson

E. Fox

A. Jeans

L. Watson

E. Adsett

C. Brown

F. Burford

P. Moore

S. Everest

Z. Harrison

H. Robinson

Y. Ahmed



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Thought-Full
helping you
think it through

