

01 Establish pupil-led wellbeing initiatives

Wellbeing Ambassadors

Co-create a peer mentoring programme, wellbeing calendar and 5 Ways to Wellbeing activities.

Ideas:

- Pupil-led 15 mins "walk and talk"
- Motivational messages in dinner hall
- Breakfast buddies/morning greeters
- WOW Wednesdays sports or crafts



Student Council

Focus on a different wellbeing topic each term, feedback on how it goes

Class-led assemblies

Young Sports Leaders /Anti-bullying Ambassadors

02 Enable all pupils to express themselves

Feedback & temperature check surveys

Suggestions during circle time

Family support group meetings

"Things I want my teacher to know" boxes

Targeted 1:1 Voice of the child methods e.g.

- Three houses technique
- Wizard & Fairy
- Bear feeling cards
- "All about me"
- Blob tree
- ELSA support



Talking Mats, pictures, symbols, Makaton/BSL

Strengthening Pupil Voice

Ideas for improving pupil involvement in wellbeing in primary schools

03 Focus on inclusion

Help student councils be more aware of the voices of vulnerable learners

Make surveys accessible

Add listening corners and suggestion boxes to your classroom



Share wider feedback e.g. during circle time

Encourage children with SEND or from minority backgrounds to become wellbeing ambassadors

One-to-one support from adults to capture pupil voice (pictures, emotion cards, symbols and Makaton/BSL where required)

04 Demonstrate that you are listening

"You said, we did" assemblies

SMHL periodically attends Wellbeing Ambassador meetings

Regular agenda item for Governors' meetings

Include in newsletters

Update your Mental Health policy

Update school action plans



ASK, LISTEN, ACT, FEEDBACK