**Pupil Wellbeing Questionnaire May 2025**

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| **Questions** | **Answers** | **Next Steps** |
| 1. **What do you understand by the term ‘mental health’?** | Getting really healthy in your brain.  There are different ways you can be healthy: brushing your teeth, washing yourself, eating healthy food, drinking healthy drinks.  How you look after your brain to make sure you feel okay.  Eat lots of fruit. Feeling happy and having good brain food.  Mental health is how you feel in your mind  It is how we control emotions  It is about our feelings and emotions | All chn are clear around the understanding of what mental health means to them |
| 1. **Who helps you in school when you are unable to control your thoughts and feelings?** | Friends, a trusted teacher or member of staff, your mum or dad if they were in school.  We can get Ted our class bear.  Friends who I am close to  A special friend that I trust  Miss Keeling  Teachers | All chn know where to turn to for support |
| 1. **Who helps you at home when you are unable to control your thoughts and feelings?** | A trusted parent. Grandparents.  Your trusted adult.  Siblings.  My dog  Pets | All chn feel that they have support at home |
| 1. **What techniques do you have to help you control your thoughts and feelings?** | Go to my brother to remind me what I’ve said when I’m upset.  Go outside to sit in a relaxing chair and read my favourite book.  Friends can hug you. You can tell teachers. Use the class calm box.  We move our pictures on the wall – Zones of Regulation.  Count to a number in my head  Read a book  Jump on the trampoline  Watch a relaxing show  Listen/dance to music  Watching something to cheer me up on YouTube.  I do some mindfulness.  Play some games.  Hug the class bear.  Teachers giving us time to sit and read on the carpet if we say we are feeling really sad. | Chn are confident that they have a bank of techniques to support their mental health and wellbeing |
| 1. **Are there any particular lessons that explore how you are feeling?** | PE can help us cope with our feelings.  Art can feel like mindfulness when we are doing it.  Online Safety and PSHE.  The lesson with the feeling thermometer.  PSHE  English – characters | The curriculum supports the teaching of mental health and wellbeing |
| 1. **What can we do as a school to support you further with your thoughts and feelings?** | Give more time to meditation and mindfulness during the day.  Have more conversations with teachers about thoughts and feelings.  Give a hug to children. Put a plaster on the feeling. Have another class Teddy  Games that we can play to help others who are sad, feel happier | * Teachers are reminded to plan quality time for GoNoodle and other online support for mindfulness * Teachers are encouraged to refer to the Zones of Regulations and have a conversation if there are signs chn are using yellow/red zones * Any child can have a hug if requested * Class teddies are already used positively * The playground has a selection of games/equipment to support the chn. Play leaders also help any child who feels sad. |