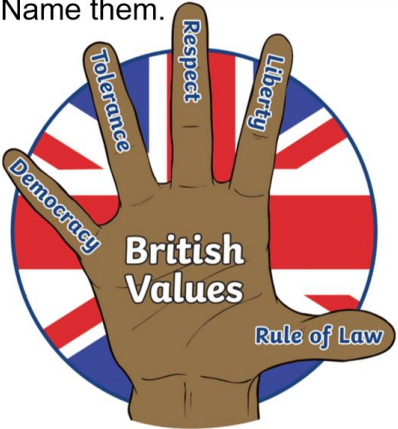



05.02.2024 Whole School Assembly: Well-being

Thinking time whilst coming into assembly:

Name them.





**'Protected Characteristics',
can you name them?**

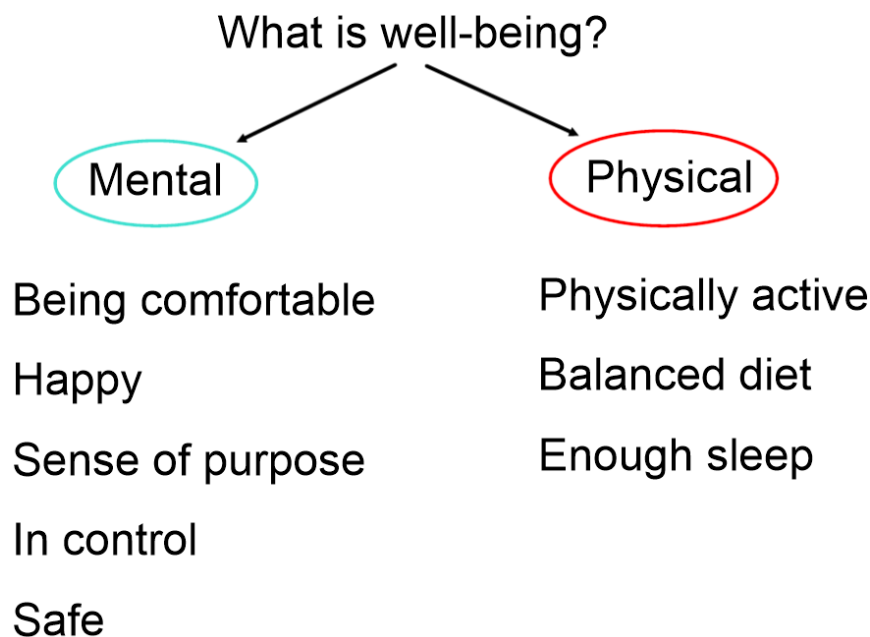
What is our behaviour motto? R R S

How can you show you it?

The children were asked to discuss their understanding of 'well-being'

- What does it mean?
- What does it look like?
- How does it affect you?

We listened to each other's ideas and then considered two strands of well-being and how we might improve them. It looked like this:





05.02.2024 Whole School Assembly: Well-being

In order to achieve mental and physical well-being, we made a short list together and discussed the ideas. Our was as follows:

- ✓ Physically active
- ✓ Technology time
- ✓ Positive relationships
- ✓ Enough sleep
- ✓ Resilience

We finished by considering how we could improve the well-being of others in school and how being respectful, considerate and tolerant could achieve this.