

2 simple

WELLBEING PACK

For schools and school leaders

A selection of practical resources and lesson plans for staff and students to boost wellbeing. Alongside a selection of free helplines and support services to signpost to within school, helping you with your return.



Returning to School

We are now more than ever aware of the importance of mental health and wellbeing within schools.

'You can't pour from an empty cup.'

Focusing on your own wellbeing is vital. We have created this resource to offer support, however we appreciate that every teacher and every setting is different, and what works for one may not work for another.

The staff wellbeing section includes; tips and techniques you can use to support your own wellbeing and details of organisations that offer support on wellbeing and mental health.

We have also put together a wellbeing action plan that schools can use to set their priorities and objectives for the year ahead.

[Download your action plan](#)

Staff Wellbeing - Return to School

Routine - Is there a system for talking to senior leaders if staff are struggling e.g. with childcare issues, anxiety.

Workload - Are expectations clear for supporting in class and home learning? What happens if there is a local lock down? What systems are in place

Are policies and procedures clear?

What support structures are in place for you? Where can you go for support? Are you able to offer support?

Communication - Are there open channels and is communication transparent within your school?



Further Support



The only UK charity providing mental health and wellbeing support services to all education staff and organisations. Free and confidential helpline is available 24/7 to everyone working in education and is available UK wide on: 0800 056 2561



Mentally Healthy Schools brings together quality assured information, advice and resources to help schools understand promote children's mental health and wellbeing. You can register for fortnightly toolkits sent straight to your inbox.



Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.



Promoting mental health and wellbeing support in Primary Schools. A comprehensive, free-to-access training tool from LGfL has been developed for staff, to help develop their understanding, skills and confidence to support pupils, the community and themselves with mental health and wellbeing.



Headspace for educators offers free access to all teachers, school administrators and support staff in the UK.



Pursuit of Wellbeing is the podcast dedicated to the wellbeing of teachers, school leaders, and staff. Hosted by Maria Brosnan, Co-founder of Striver (by 2Simple), and with expert guests, they share information, inspiration and practical support.



We're using football to bring teachers together and build communities. Teaching is a stressful job and it's important that teachers look after their mental health, with its combination of camaraderie and exercise in football is a win-win for wellbeing. #EduFootyAid matches also raise money for Mind, the country's leading mental health charity.



5 Ways to Wellbeing



Connect

Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing. Identify supportive people that you have in your life, both at work and at home, and make the effort to connect with them. Connect with other teachers on social media and in the local area.



Be Active

Stress hormones can build up in your body and the best thing you can do to help get them out of your system is move. Choose something you love to do – dance, run, gym, swim, walk – and do it regularly.



Write

Get those unhelpful thoughts from swirling around inside your head and onto paper. Then you can look at your worries much more objectively and ask yourself “What’s the best next step I can take?”



Sleep

This is probably the easiest and most pleasant thing you can do to improve your wellbeing. Give your body the time it needs to rest and repair and you’ll reap the rewards.



Take notice

Track the positives. What are you thankful for? Research suggests that if you write three good things down every day, your happiness and positivity increase #3goodthings.

Pupil Wellbeing



Striver has been created with a sole purpose: To improve primary aged pupils' (5-11) long-term physical and mental wellbeing.

Striver contains dedicated wellbeing units that aim to boost self-esteem and build resilience. There are six wellbeing units that children study at increasing levels of depth as they move up through the school. This reinforcement process has been used so that by the time children leave your school, they not only understand these topics, but are able to put what they have learnt into practice in a meaningful way.

You can download some free Striver lessons across Years 1, 3, 5 and 6, as well as an overview of Growth Mindset.

Lessons include:

- Growth Mindset - Overview
- Year 1 – Yoga Lesson 1 – Breathing
- Year 3 – Yoga Lesson 2 – Power Poses
- Year 5 – Yoga Lesson 1 and 4 - Meditation
- Year 6 – Sleep

[Download your free lessons](#)



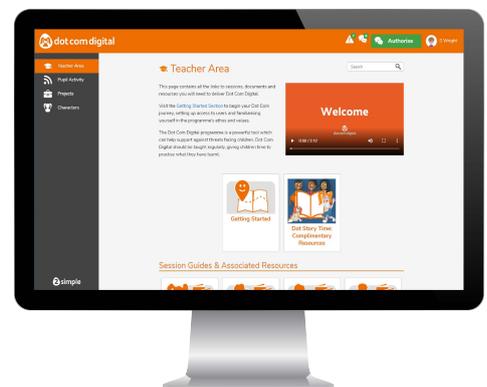
Dot Com Digital is a unique programme that supports children's personal development and offers them a safe place to have a voice. It's a values-based approach to Safeguarding and Wellbeing that empowers children to develop confidence and make safe choices.

Lessons include:

- Feeling Safe
- Recognising Personal Warning Signs

Dot Com or 'Dot' is a cartoon friend to children that talks to them in their own language. She helps them learn how to speak up about issues which frighten or worry them, enabling them to develop their own self-confidence and ability to talk about a range of feelings.

[Download your free lesson plans](#)



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