

Wellbeing student survey

Over the next few weeks you will be asked, year group by year group, to complete a wellbeing survey.

What is A wellbeing survey?

The survey is comprised of 10 questions for you to reflect on your current health and wellbeing.

Why is wellbeing so important?

Feelings of wellbeing are **fundamental to your overall health**, enabling you to successfully overcome difficulties and achieve what you want out of life.



Wellbeing

It is really important that you take some time to think about each question before answering it.

Why do companies do wellbeing surveys?

To invite employees to reflect on their physical and mental health and the ways in which the company supports them. Companies can then adapt and put measures in place to help support and improve the wellbeing of their employees.

Why do we want you to complete a wellbeing survey in school?

Your wellbeing is of **paramount importance** to us. This is your chance to be completely honest about different aspects of your health and wellness so that our school can **support you** and do the **very best for your overall wellbeing**.



Wellbeing

Connecting with kindness

1. Why is kindness important?
2. How can kindness help with your wellbeing?
3. How can you connect with kindness?



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

What is kindness?

‘the quality of being friendly, generous, and considerate’.

Small acts of kindness can go a long way. Kindness can help support people. Reflect on the power of kindness in these activities and be inspired to do something kind every day.



How can kindness help with your wellbeing?

- People who are kind and compassionate see clear **benefits** to their **wellbeing and happiness**.
- They may even **live longer**.
- Kindness can also help **reduce stress** and **improve our emotional wellbeing**.



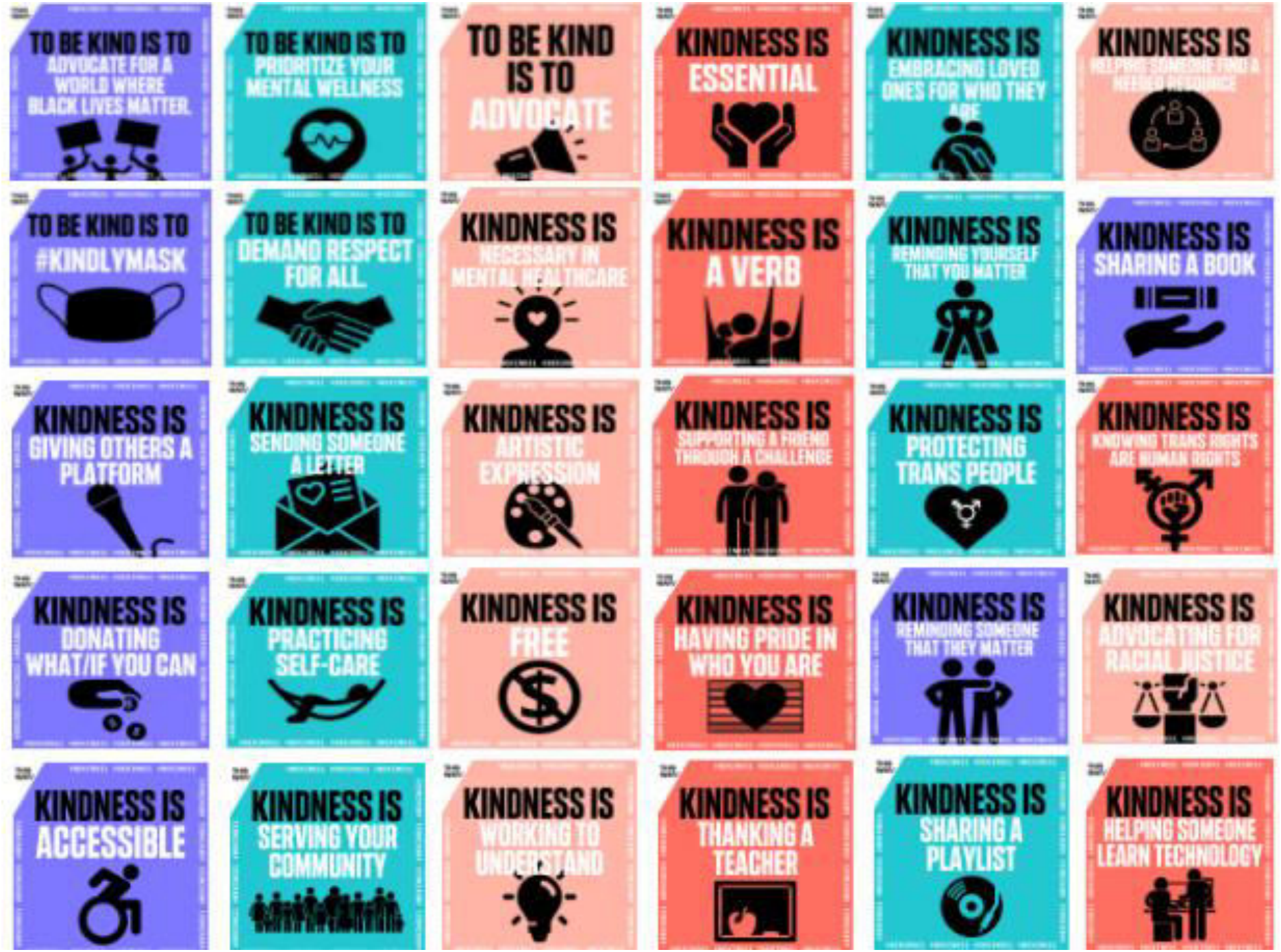
Why is kindness important?

Think about the word 'Kindness' - what does it mean to you? How does it make you feel? Draw or write ideas around the circle to make a mind-map. Connect them to the circle with a line.





What does kindness look like?



The power of kindness calendar

month		year				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

As a tutor group, create your own kindness calendar of simple activities/gestures for you to do each day in October.

Stick this proudly on your tutor board and refer to each day.

Try to think of ideas to help you connect with those around you.



The power of kindness calendar

month

year

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

