

## MENTAL AND EMOTIONAL WELLBEING

### ENGAGING CHILDREN AND YOUNG PEOPLE IN PLANNING PROVISION

#### TOOLKIT CONTENTS

##### SECTION A – PROCESS DOCUMENTS

###### Primary

1. Briefing
2. Research and data sources
3. Methodologies for collecting and exploring views
4. Information for parents and carers
5. Programme sessions 1 and 2

###### Secondary

1. Briefing
2. Research and data sources
3. Methodologies for collecting and exploring views
4. Invitation for pupils
5. Successful applicant
6. Unsuccessful applicant
7. Information for parents and carers
8. Programme Sessions 1 and 2
9. Programme Session 3
10. Invitation to feedback event
11. Mental health curriculum audit tool

##### SECTION B – SUPPORTING RESOURCES

###### Primary

1. Primary Draw and Write mental health
2. Safety circle and network of support
3. Self assessment teacher instructions
4. Y1-2 self assessment Mental and emotional wellbeing
5. Y3-4 self assessment Mental and emotional wellbeing
6. Y5-6 self assessment Mental and emotional wellbeing
7. Action planning framework
8. Sample certificate for pupils

###### Secondary

1. Mental and emotional wellbeing card exercise
2. Mental Health – the group's view (Heading)
3. Areas of Mental Health (Headings)
  - Life Satisfaction
  - Resilience
  - Self esteem
  - Trust
4. Worries (Heading)
5. Action planning framework
6. Sample certificate for pupils

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## SECTION C – EXAMPLES OF WORK FROM PILOT PROGRAMME

### Primary

1. HRBS data from primary school
2. Key Stage 2 Draw and Write feedback
3. PSHE journey around our school

### Secondary

1. Introduction
2. Health Related Behaviour Survey – sample powerpoint
3. Mental Health – the group's view
4. Worries
5. Areas of mental health – Key Messages
6. Mental health – reviewing the school's approach
7. Mental health – summary of key messages
8. Action plan resulting from key messages