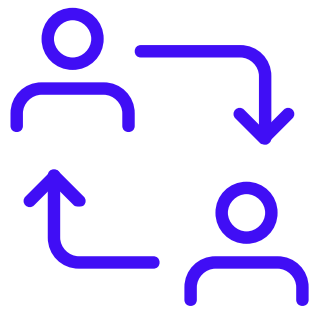


10 Top Tips to Support Classroom Wellbeing

10 things you can do (and are probably already doing) to support mental health and wellbeing in your classroom. No CPD or qualifications necessary. No interventions or clever gimmicks. No extra workload!



Role Modelling

We learn through watching those around us and you are a role model for your students. You will in fact be a role model for all the behaviours in these tips - listening, failure, problem solving, self care, praising, asking for help...

Listening



Listening without fixing is one of the most powerful things we can do but it takes practice. One really simple way to practice is to ask someone to tell you a story about overcoming a challenge - listen, speak only to ask for clarification or to reflect back what you hear. At the end thank them and if you want, give them 3 strengths you saw in them during the story e.g. adventurous or brave.



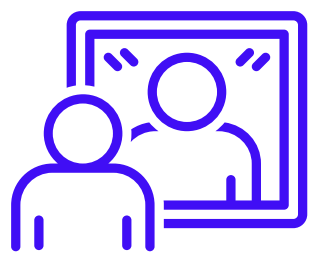
Asking for Help

If a student is struggling ask them to help you with something. If someone has a sense of purpose (e.g. helping each week with displays or researching good reading material for your course) they will feel better about themselves and it will build their self-esteem.

Creating a Safe Space



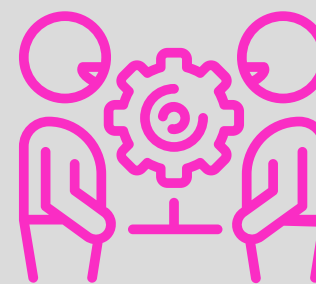
If students don't feel safe in your classroom they are less likely to engage, contribute and learn. Create a safe environment by showing that you sometimes get it wrong and by praising brave attempts at learning. Students will feel more confident to ask questions when they are unsure and take on feedback, this in turn leads to more effective learning, better results, high self-esteem and confidence.



Teach Reflective Learning

When we encourage students to reflect on work they have done (both positive and areas for improvement) we teach them that they can get better with practice and time. When they feel they have control over their learning (i.e. intelligence is not genetic) they will feel more in control and that will increase their wellbeing.

Encourage Collaborative Learning

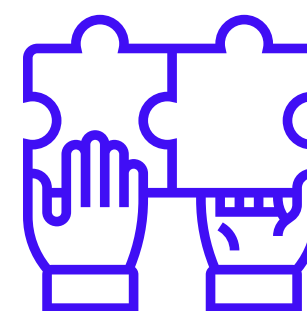


Connection with others is known to improve wellbeing, well structured collaborative learning and problem solving can enhance a person's sense of belonging, boost self-esteem (and of course lead to better learning).



Praise Carefully

When you praise a student be specific - move away from 'good work' or 'great effort'. To be specific you need to find a skill or strength that you see in the work e.g. *'precise use of key words - well done'* or *'I can see you have worked hard to create a clear narrative'*. To help you could draw up a list of strengths or key skills you are looking for in a piece of work.



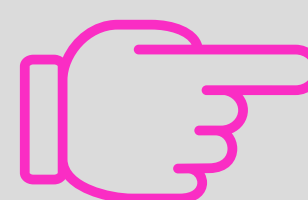
Problem Solving

Many young people really struggle with problem solving (Google solves all our problems) so teach this skill - you may need to structure the steps, you may have to restrain yourself from stepping in to help - but students need to learn how to work things out for themselves in safe spaces like the classroom, so they can apply it to situations outside the classroom.



Look After Yourself

If you are grumpy, tired or low you cannot do the things above with patience and calm which students need. Know what makes you feel better when you feel low and do them (or some of them) EVERY DAY, and know what makes you feel down and avoid doing them especially if you are having a tough day. You will also be a good role model to help your students know how to look after themselves.



Know You Can Do Something

Many teachers are worried that they will say or do the wrong thing. If you have compassion, empathy and understanding (qualities any good teacher has) then doing something will ALWAYS be better than doing nothing. To help you - ensure you know who your safeguarding and mental health leads are; read relevant school policies and the referral systems. Never promise to keep anything a student discloses confidential.