**Wellbeing Action Plan**

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| 1. **What helps you feel good at school?** (e.g., using an emotional planner, playing football during breaktime, making sure to eat a good breakfast) |
| 1. **What situations or behaviours can make you feel less mentally well?** (e.g., conflict with friends, exam stress, being late) |
| 1. **What can staff do to help you feel good at school?** (e.g., tell me when I’m doing well, remind me to share my feelings) |
| 1. **What can you put in place to help you feel good at school?** (e.g., Asking when I need help, using the peer buddy system) |
| 1. **How might feeling less mentally well impact you at school?** (e.g., difficulty concentrating, drowsiness, low mood) |