

# Student Wellbeing Champions Training



**Student Wellbeing Champions Training** teaches children about what wellbeing is and offers practical tools to help them support others.

Wellbeing Champions take an active role in promoting student wellbeing. As a leader, they will help promote wellbeing and take part in running wellbeing events, as well as being someone others can talk to and confide in. Wellbeing Champions work together as advocates for wellbeing, sharing ideas, learning from each other and helping others.

The training is made up of 3 x 45 minutes workshops which include a knowledge section and a practical session. All Student Wellbeing Champions will receive a certificate and badge once they have completed the training.

Cost £195 per course for up to 8 students+

\*Recommended year 4, 5 & 6 only

## What is Wellbeing?

- Introduction to Wellbeing
- The FIVE ways of Wellbeing
- Health and wellbeing
- Practical Session
  - Activities that promote positive wellbeing

## The role of a Champion

- What is a Wellbeing Champion?
- Who can be a Wellbeing Champion?
- What does a Wellbeing Champion do?
- Practical session
  - Fill a bucket
  - Worry box

## Student Toolbox

- Be kind
- Signposting
- Tell a teacher
- Share, learn, grow
- Practical session
  - Role play
  - What makes you happy, comfortable and healthy?

To find out more or to book a session email [georgina@ambitionsgymnastics.com](mailto:georgina@ambitionsgymnastics.com)