



Wellbeing
Wednesday



Wellbeing is defined as “the state of being comfortable, healthy, or happy.” However, it is important to realise that wellbeing is a much broader concept than moment-to-moment happiness.

❖ Why do you think we need to have a particular focus on wellbeing this year?

❖ Who’s wellbeing has been affected and why?



Wellbeing Wednesday's



Aims – Why are we doing this?

- ❖ Build emotional resilience
- ❖ Learn coping strategies to deal with difficult situations
- ❖ Be open to discussion when dealing with yours and others wellbeing



Ground rules

It is important that as a Form group you come up with a set of rules that you will follow when discussing sensitive topics in class.

Remember – something that you're happy discussing may be difficult for someone else.

