

# WAYS TO BOOST STUDENT MORALE & WELL-BEING

For Primary and Secondary school students



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LEARNING

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**POSITIVE PAUSE:** During assembly at the beginning of each new month or week, ask students and staff to share something they accomplished that they are proud of. Encourage everyone to participate without putting pressure on those who may be shy about speaking in front of others.



**Intercontinental Culinary Competition:** This is a fantastic opportunity for students to show off a dish they have created from their native land or get creative and make something they love! An enjoyable and rewarding activity!



**Celebrations and assemblies each term** - An excellent way to show our students appreciation, recognise their accomplishments, offer encouragement, and give out prizes so they can feel proud of themselves.



**Student-Run Enrichment Programmes:** KS4 and 5 pupils are given the opportunity to lead enrichment activities under the guidance of teachers. This can significantly contribute to a strong school culture where everyone is connected and looks out for each other.



**Intervention Classes:** To encourage student participation in learning during and after school, reward them for their dedication with a rewards trip at the end of the year. Bonus house points could be given if your school uses a house system.



**It's Okay Not to Be Okay:** Make sure everyone knows whom to turn to when they need help, and ensure all staff use inclusive language. Our young people should have a safe space in school where they can speak to a trusted adult. Additionally, they should know that it is normal not always to feel your best: Stress management is crucial and can be addressed by talking openly and honestly.



**Promoting student wellbeing:** You can highlight various ideas throughout the school on display boards or through a short video made by students and teachers. Your students can come up with their own creative ideas, or for younger students; you can role play and introduce artwork or even create a set of well-being cards to initiate discussion. For an example of a pack of well-being cards, please email us at [info@veema.co.uk](mailto:info@veema.co.uk).

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For more wonderful ideas, check out our website at [veema.co.uk](http://veema.co.uk)! Have fun exploring!



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