



## WELLBEING BADGE

Any social action work that encourages positive wellbeing and spreads kindness, including peer support opportunities, mental health awareness, and digital wellbeing.

### TOPICS

Choose one or more of the following topics

- Mental health awareness
- Student support groups
- Safe spaces
- Supporting students with low attendance
- Self-esteem
- Body confidence
- Staff wellbeing
- Holistic wellbeing (physical, mental, emotional)
- Peer-to-peer support
- Digital wellbeing

### ACTIONS

To earn the Wellbeing Badge, complete five of the following actions, or get creative and make up your own!

- Hold a whole school assembly to introduce the Anti-Bullying Ambassadors and share the importance of wellbeing to tackle bullying behaviour.
- Introduce a reporting tool and procedure for recording incidents of bullying behaviour (this could be an email address, an app, a form, or a 'worry box').
- Start a lunchtime support group or safe space for students to access.
- Run mindfulness activities like yoga, meditation, or colouring.
- Develop a peer mentor or 'buddy' system.
- Rewrite an accessible, student-friendly Anti-Bullying Policy.
- Run training sessions about mental health and wellbeing.
- Organise safeguarding training for all Anti-Bullying Ambassadors.
- Run a regular whole school feel-good event (compliments, kindness, positivity).
- Host a resilience, self-esteem, or body confidence workshop for students.
- Organise a whole school positivity art project.
- Develop a whole school survey to ask about wellbeing and experiences of bullying behaviour (make sure to review the results and take action!).
- Create a video or drama performance highlighting the impact of bullying behaviour on mental wellbeing.
- Run a support group for students displaying bullying behaviours.
- Organise a wellbeing project for all school staff.
- Create a playground monitor rota to provide peer support.
- Run a special Feel Good Friday event for the whole school to encourage positivity and wellbeing.
- Attend any additional training provided by The Diana Award.
- Run a positive social media day or event.
- Host a workshop teaching students how to report and block on social media platforms.
- Create leaflets or posters reminding students how to stay safe online.
- Write a blog for the school website sharing tips for parents/carers on how to promote digital wellbeing.
- Organise a whole-school digital detox or no phone day.
- Organise a fundraising event for a mental health charity.