



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!

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