**Pupil Wellbeing Questionnaire Class 3**

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| 1. **What do you understand by the term ‘mental health’?**
 | * It is what you do to keep healthy in life
* Mental health is how your brain feels and how healthy it is
* Mental health can be good or bad and it comes from your mind
* Your whole body and your brain
* Inside your brain
* Thinking of nice things/calm things
* Eating vegetables
* When you are nice and happy
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| 1. **Who helps you in school when you are unable to control your thoughts and feelings?**
 | * Your friends or a trusted adult
* You can tell the people you know – staff and teachers
* Mrs Mosley, Mr Allen, Miss Craig, Mrs Walker
* Adults at lunchtime
* Mrs Buxton and Mrs Williams
* Ted
* Miss Keeling
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| 1. **Who helps you at home when you are unable to control your thoughts and feelings?**
 | * Parents
* Family
* Siblings
* Pets
* Brother/Sister
* Mum/Dad/ Nan
* Uncle and Aunties
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| 1. **What techniques do you have to help you control your thoughts and feelings?**
 | * Time by myself
* Deep breaths
* Sit and read
* Ask if I can crochet
* Listen to music
* Play with fidgets
* Calm box in school
* Mindfulness
* Get a friend
 |
| 1. **Are there any particular lessons that explore how you are feeling?**
 | * English – characters
* PSHE
* Online Safety
* Science
* PE
* Phonics
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| 1. **What can we do as a school to support your further with your thoughts and feelings?**
 | * Anti-Bullying ambassadors
* Calm boxes
* School pet
* Learn about different countries and their feelings
* More kindness and mindfulness in our bodies
* Give a cuddle
* More ice packs
* A toy
* Blow kisses
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