**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 |
| 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 |
| 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 |
| 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 |
| 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 |