Bishopton Primary School Wellbeing Committee Yearly Plan

Week	Theme	Weekly committee task
1	😊 Getting to know wellbeing	Introduce the wellbeing committee and explain what wellbeing means. Set up worry box
2	❤️‍🩹 Feelings	Create a classroom feelings check-in
3	🌈 Positive emotions	Collect ideas for things that make pupils happy at school
4	🧠 Mental health	Share a simple message about looking after our minds
5	🤝 Friendship	Create a "What makes a good friend?" class activity
6	💬 Kind words	Organise a compliments/positive words challenge
7	□ Inclusion	Make sure everyone has someone to play/work with
8	🌟 Celebrating strengths	Help pupils identify something they are good at
9	🙏 Gratitude	Start a class gratitude jar
10	🧘 Calm	Teach a short breathing or relaxation activity
11	🎨 Creativity	Organise a creative wellbeing activity
12	🎄 Giving	Organise a kindness challenge before the holidays
13	🔄 New year	Help classes set a positive wellbeing goal
14	🤸 Movement	Lead a 5-minute movement/brain-break activity
15	🌳 Outdoors	Encourage a mindful outdoor activity
16	😌 Managing emotions	Share strategies for dealing with big feelings
17	🗣️ Talking	Promote speaking to a trusted adult when worried
18	👂 Listening	Run a "good listening" challenge
19	💛 Kindness	Organise a random acts of kindness week
20	🏆 Celebrating effort	Focus on effort rather than achievement
21	🧩 Problem solving	Discuss ways to solve friendship problems
22	🚦 Boundaries	Explore respecting personal space and boundaries
23	🛡️ Feeling safe	Ask pupils what helps them feel safe at school
24	📱 Online wellbeing	Discuss healthy and safe technology use
25	💤 Sleep	Share age-appropriate tips about sleep and rest
26	🥗 Healthy choices	Promote the link between food, movement and wellbeing
27	🌞 Fresh air	Organise an outdoor wellbeing challenge

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28	🎵 Music	Use music as a positive wellbeing activity
29	😂 Laughter	Create a "things that make us smile" display
30	🌟 Self-esteem	Create positive "I can..." statements
31	🧠 Resilience	Discuss what we can do when something is difficult
32	💪 Perseverance	Run a challenge where pupils practise not giving up
33	🤗 Helping others	Organise a school helping challenge
34	🏫 Improving our school	Collect pupil ideas for making school happier
35	🌍 Community	Do something kind for the wider school community
36	💚 Wellbeing review	Ask pupils which wellbeing activities they have enjoyed
37	🎯 Wellbeing goals	Help pupils choose one personal wellbeing goal
38	🎉 Celebration	Celebrate positive wellbeing contributions
39	📋 Feedback	Conduct a simple end-of-year wellbeing survey
40	🌈 Looking forward	Create recommendations for next year's wellbeing committee

Extra tasks for quieter weeks

A bank of additional jobs so they **never run out of things to do**:

- Create a **kindness tree** where pupils add leaves describing kind acts.
- Make a **positive message box** for pupils to leave encouraging notes.
- Create a **calm corner** resource box for classrooms.
- Make posters about **asking for help**.
- Create a **friendship recipe** ("A good friend needs...").
- Run a **smile challenge**.
- Make a display of **positive pupil quotes**.
- Create a **wellbeing suggestion box**.
- Visit younger classes and read a wellbeing-themed story.
- Create **playground games** that encourage inclusion.
- Organise a **quiet playground activity**.
- Make a list of **brain breaks** for teachers.
- Create a **wellbeing bingo** card.
- Create a **"You are not alone"** display about asking for support.
- Make a **gratitude wall**.
- Organise a **mindful colouring** activity.
- Create a **positive postcard** activity.
- Produce a short **wellbeing newsletter**.
- Interview staff about their favourite wellbeing strategies.
- Create a **"5 things that help me feel calm"** display.
- Organise a **whole-school kindness day**.
- Collect examples of **children helping children**.

- Create a **wellbeing awards/recognition board**.
- Organise a **buddy activity** between older and younger pupils.
- Create a **wellbeing resource box** for each classroom.
- Make a **"things to do when I'm worried"** poster.
- Run a **positive playground behaviour campaign**.

Structure for the committee

To make the workload manageable, the committee will complete **three jobs each week**:

1. **Promote** – introduce that week's wellbeing theme.
2. **Do** – lead one simple activity in their classroom.
3. **Report** – bring one piece of pupil feedback to the next committee meeting.

Weekly Wellbeing Committee Tasks

Simple weekly committee routine

The **Wellbeing Committee** could have the same responsibilities each week:

- **Monday: Committee meeting.** Share feedback and decide what could be improved. Set new task.
- **Tuesday:** Introduce the week's wellbeing theme to their class.
- **During the week:** Encourage classmates to complete the activity.
- **Friday:** Ask the class for one piece of feedback: *"Did this help our wellbeing?"*
- **Display:** Add examples, drawings, positive messages or suggestions to a **Whole-School Wellbeing Board**.

A rotating set of quick activities

For weeks when there isn't much classroom time, the committee could choose one **5-minute wellbeing activity**:

- 🟢 **Mood check:** "Show with your fingers 1–5 how you're feeling today."
- 🌬️ **Box breathing:** Breathe in, hold, breathe out, hold.
- 💛 **Kindness challenge:** Do something kind for someone without being asked.
- ⭐ **Two stars:** Tell someone two things you appreciate about them.
- 🧠 **Brain break:** 60 seconds of movement.
- 🌈 **Positive thought:** Share something you're looking forward to.
- 👂 **Mindful minute:** Sit quietly and notice what you can hear.
- 🤲 **Help someone:** Find one way to make somebody's day easier.