



Back to School with The Daily Mile and Place2Be

About Place2Be

Place2Be is a national children's mental health charity, providing vital emotional wellbeing support for pupils, families and staff in UK schools.

The last academic year was like no other, and there's still some uncertainty about the year ahead. As you prepare to return to school after the summer break, you may be wondering how to support pupils', and your own, wellbeing.

Our friends at children's mental health charity Place2Be have shared some top tips and ideas to get you started.

Return to school — discussion points and activity ideas

When schools came back together after the first lockdown, we created our Return to School resources focussed on community recovery, and promoting emotional wellbeing resilience, and recovery. Below we share some of our top tips and activity ideas from the resources. Download the resources for free at place2be.org.uk/returntoschool

- 1. Create a 'we-can' collage, celebrating pupils' strengths.** Self-efficacy, the belief that we can make a difference and have strengths we can draw on in times of challenge, is a core belief underpinning motivation, and emotional wellbeing. As a class, discuss why it is important to believe in ourselves and others. Invite each child to draw or write about an ability or strength, then make a 'we can' classroom collage of all the 'I can' statements.
- 2. Capture pupils' hopes and dreams.** Research indicates that hope significantly correlates with psychological wellbeing and coping in the face of adversity. With your class, discuss why it is important to have hope when we are faced with challenges. Make an individual, small group or class dream catcher. Students can put their hopes and dreams into words or draw a small picture or make a small charm that captures their hopes, and attach it to the dream catcher.
- 3. Do a gratitude Daily Mile during your school day.** Studies suggest that finding things to be thankful for is important for our wellbeing. What are you and your class grateful for? Get your Daily Mile in by taking a gratitude run, jog, wheel or walk outside. Try to observe using all of our different senses, for example; what can we hear, see, smell, and feel.
- 4. Explore changes with Place2Be's Art Room.** At Place2Be, we believe that art is a creative tool to develop resilience and connect with others. Starting a new school year can feel like a big change. Support your pupils to explore their thoughts and feelings about this change with this free activity from our Art Room team and CBBC's Art Ninja, Ricky Martin. Download for free: place2be.org.uk/portals



Free Mental Health Training for UK teachers and school staff

Place2Be has funding to offer its Mental Health Champions — Foundation programme for free to school-based staff. This online training course enhances teaching professionals' understanding of children's mental health, and introduces approaches that promote positive wellbeing in schools and communities.

Don't miss out — over 50,000 school staff have already started the course. Places are limited. Learn more at place2be.org.uk/foundation



Place2Be's Senior Mental Health Leads training programme

Available to book from September 2021, Place2Be's Senior Mental Health Leads programme will support you to identify your school's priorities and develop strategic approaches to addressing those needs.

Learn more at place2be.org.uk/schoolleadertraining.

