

## Wellbeing Wheels

<b>For what age?</b>	<b>At what level?</b>
<b>Key Stage 1 to Key Stage 3</b>	Universal and flexible for individuals.

### What is a Wellbeing Wheel?

This is a tailor-made bespoke package (tracking process and wheel resource) which supports and informs professionals working with families and children in schools or other child based settings. The Wellbeing Wheels engages staff, families and children by including their ideas to create a personalised tool to support children's wellbeing and mental health. The Wellbeing Wheel is versatile and had been used at all levels; universal and whole school, individual or group levels for vulnerable children and supporting staff.

### How does it help children?

- To find and use strategies to solves or manage wellbeing concerns.
- To talk about life's problems with confidence and empathy.
- To help their friends with suggestions of successful strategies.
- To raise awareness of good positive metal health.
- To promote and share their own solutions to problems.
- To gain information and be identified for interventions supporting their wellbeing.
- To use the wheel as a helpful prompt or starter with others.

### How do we know it works?

The first wheel was developed by an outstanding primary school (as credited by Ofsted) to support wellbeing provision for children. Since then, the model had been adapted and applied by a Specialist Teacher to a number of different situations to support mental health. The wheel had been used to support individual Looked After Children (LAC), parents working with children at home and whole school settings across the county including many TaMHS Programme schools.

- Helps target the most vulnerable children in need of support.
- Provides a way to monitor and evaluate the interventions used.
- Children's wellbeing had improved, affecting their performance and behaviour at school.
- Relationships have improved between children, staff and parents.
- Improved information sharing between staff during transitioning between classes.
- Improved communication and strategic planning for wellbeing at SLT level.

### What do children say?

*Me and my friend like using it because it is fun and helps me know what to do. Sometimes my friends use my ideas on it, how cool is that!?! - Year 4 child*

*I liked drawing Zippy and me and my best friend because they helped me most. - Year 2 child*

How can I find out more about the Wellbeing Wheel package?

To find out more about creating a 'Wellbeing Wheel' for your school please email:

[tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk)

What do teachers say?

*It is so refreshing to know where to start for ideas to help children; we've even used the wheel to help parents and teachers too. The whole process was so useful and engaged the whole school community. - Primary school teacher*

*I had a lightbulb moment – seeing clearly where our gaps in provision were for our children, but also hearing how so many interventions were being used successfully across the whole school from my staff... a great opportunity to capture the big picture of wellbeing. – Primary Headteacher*