

What you might SEE

SIMPLE STEPS TO WELLBEING

Walks out of class. Refuses to take part in things. Is alone often. Does not volunteer or put hand up.

Try: (BELONGING)

Letting the child/YP know that you value having them in your class. Get to know about their interests and ask about these. Encourage them to connect with an adult in school they can trust and talk to.

Talks over other people/teacher. Out of seat. Reacts badly to regular sanctions. Tries to control/bully others.

Try: (EMPOWERMENT)

Offering a choice between two specific things. Help them to make their good ideas happen.

What you could DO (to help)



Does very little work. Slow to start a task. Gives up when task gets more challenging.

Try: (ACHIEVING)

Encouraging them to take up a sport or musical instrument – especially if they show interest or talent. Encourage them to show another student how to do something they themselves are good at.

Fiddles all the time. Not focused – seems distracted. Avoids joining in with things.

Try: (PURPOSE)

Engaging them in school clubs. Choose them to perform actions which will help others. Encourage them to notice when others help them and to say thank you.

What you might HEAR

What you could DO (to help)

"I've got no friends. I wish I went to a better school/college."

Try: (BELONGING)

Helping them feel they belong in class. Find a buddy/older mentor. Check in with them, smile, remember things about them.

"I'm not listening to you. Go away." (Or not talking at all).

Try: (EMPOWERMENT)

Giving them responsibilities that help them feel valued and empowered. Listen to their views.



"I hate school/college. I can't/won't do that work."

Try: (ACHIEVING)

Making sure tasks are achievable. Looking for things the child/YP is good at. Celebrate successes.

"I don't care, what's the point? It's boring."

Try: (PURPOSE)

Encouraging them to take up opportunities to help others. Help them set goals.