



Children's Wellbeing Jigsaw

St John the Baptist CofE Primary School, Leicester





Children's Wellbeing Jigsaw 1

My Mind and Feelings

Do you understand your feelings?

Are you able to talk to someone you trust about how you feel?

Do you enjoy your life and feel mostly happy or positive?

Are you resilient? Do you feel able to bounce back if something is tricky?

Can you cope with most of your feelings?

My Beliefs

Are you able to look at the world around you and enjoy the simple things?

Are you supported to follow your faith (if you have one)?

Do you feel connected to others outside your family?

Do you feel able to talk about your beliefs?

Are you supported to talk about your beliefs at school?

Do you enjoy learning about different people's beliefs?

My Body and Exercise

Do you feel fit and healthy most of the time?

Do you do something active every day? (like football, running, swimming, catching)

Do you do exercise that gets your heart pumping every week?

Do you do things that make your muscles and bones stronger every week?

School Life

Do you enjoy going to school?

Are you able to get to school on time?

Do you enjoy your learning?

Do you feel safe and happy at school?

Do you feel able to ask for help at school if you need it?

Do you feel part of the school community?

Do you understand the school values?

Healthy Screen Time

Do you usually eat meals without watching a screen?

Do you have breaks to move your body when having screen time?

Do your parents/carers know what you are watching or playing on screen?

Do you enjoy activities away from a screen?

For KS1: do you have less than an hour of screen time per day (outside school)?

For KS2: do you have less than 2 hours of screen time per day (outside school / homework)?

If you answered "no" to any of these questions, talk to your parents/carers, your teacher or another adult you trust. You can also find more information in the helpful links section.



Children's Wellbeing Jigsaw 2

Friendships

- Do you have some good friends at school?
- Do you find it easy to make friends?
- Do you find it easy to keep friends?
- Do you and your friends have fun together?
- Do you feel happy with the number of friends that you have?
- Can you cope if you fall out with your friends?
- Are your classmates usually kind to you?

Home Life

- Do you feel happy when you are at home?
- Do you feel safe at home and in your community?
- Is everyone at your home well and happy?
- Do you feel loved?
- Do your parents/carers support you?
- Do you have trusted adults at home you can talk to?
- Do your parents/carers help you to learn things and help with your schoolwork?

Sleep

- Do you sleep well at night?
- Do you find it easy to fall asleep?
- Do you feel warm and comfy when you go to sleep at night?
- Do you have a good bedtime routine?
- Do you feel refreshed when you wake up in the morning?

Food and Drink

- Do you eat 5 types of fruit and vegetables every day?
- Do you eat food that has calcium in it? (milk, cheese, yoghurt)
- Do you have breakfast every day?
- Do you drink 6 cups of water each day?
- Do you have healthy snacks most days?
- Do you have sweets, chocolate and crisps in small amounts and only some days?

If you answered "no" to any of these questions, talk to your parents/carers, your teacher or another adult you trust. You can also find more information in the helpful links section.



Children's Wellbeing Jigsaw:

Helpful links to information and support

Food and Drink

Children need to have a healthy, balanced diet. They also need good role-modelling on healthy eating from parents / carers. It is important to get information about healthy eating from trusted sources.

British Dietetics Association -
<https://www.bda.uk.com/resource/healthy-eating-for-children.html>

The NHS Live Well, Eat Well website -
<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

The Eatwell Guide -
https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf

Food Scanner app - free on all platforms. Provides nutritional information about food products and gives healthy swap ideas

Exercise

Advice about activity for children:
<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

Sleep

Children aged 6-12 should have 9-12 hours of sleep per night.

You can talk to the School Nurse about this.

Great Ormond Street Hospital have some good sleep guides for children:

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

Healthy Screen Time

The Childline website has information about staying safe online and feeling good on social media:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/>

Feelings and Mental Health support

There are people at school who can help you with your feelings:

- Mrs Bailey, SENCo
- Alisha, School Counsellor
- Mrs Kenna, Mental Health First Aider
- Mr Watson, Behaviour Mentor

We can also ask for extra help from the NHS Mental Health Support Team

If you are having trouble coping with your feelings or you need extra help, and you don't feel able to speak to a trusted adult - contact Childline for free help and support

Call - 0800 1111 (calls are free) or live chat on the website - [childline.org.uk](https://www.childline.org.uk)

You can also text SHOUT to 85258 for free advice and support 24/7