Wellbeing Wheel

For what age? KS1/KS2/KS3
At what level? 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 Wheel 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 has been used at all levels: universal level/whole school; individual or group levels for vulnerable children and supporting staff.

How does it help Children?
✓ To find and use strategies to solve 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 mental 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.

What do Teachers say?
It’s so refreshing to be able 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 light bulb moment - seeing clearly where our gaps for provision were for our children, but also hearing how so many different interventions were being used successfully across the whole school from my staff…a great opportunity to capture the big picture of wellbeing. Primary Headteacher.

What do Children Say?
Me and my friends like using it because it’s fun and helps me to know what to do. Sometimes my friends use my ideas on it, how cool is that!? Y4 Child

I liked drawing Zippy and me and my best friend the best because they help me most. Y2 Child

How do we know it Works?
The first wheel was developed by an outstanding primary school, (as credited by Ofsted) to support the wellbeing provision for children. Since then, the model has been adapted and applied by a Specialist Teacher to a number of different situations to support mental health. The wheel has been used to support individual Looked After Children, 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 has 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 Teachers say?

How can I access the Wellbeing Wheel package for my School?
An Educational Psychologist will hold:
- 1 hour training with professionals/school staff, usually as a staff meeting.
- 2 x 45min designing time with children
- 30 min discussion on design and practice usually with the school council and staff member.

For setting the Wellbeing Wheel in motion for your school email tamhs@northamptonshire.gov.uk to request input.

Which Schools can I contact or visit that are Showing Good Practice with their Wellbeing Wheel?
Hall Meadow Primary, Kettering.....