



St Michael with St Thomas CE Primary School
Wellbeing Warriors Action Plan 2025-2026

Project Overview:			
Aims	Actions	Cost	Review/ Monitoring
Improve children's level of emotional literacy	Have links to PSHE. Appropriate vocabulary and sentence stems for both KS1 and KS2	£0	Teacher feedback
Widen the different tools for self-regulation	Wellbeing afternoon in local community. Those who attend can feedback new ideas they have learnt.	£0	Observation/ feedback
Allow a positive start to the children's day	Wake up and shake up video, could be a just dance video that allows children to shake off any stress or worries	£0	Teacher feedback
Improve physical health with the aim of supporting mental health	Whole school activities e.g. whole school yoga session	£0	Pupil voice
To make effective use of mindfulness time	Ensure class teachers plan mindfulness time effectively to meet the individual needs of the class.	£?	Pupil voice
Gather a pupil voice on wellbeing	Create a survey for all children to complete based upon how they feel about our current strategies and what else they would like	£0	Repeat the same survey the next term
Encourage whole school kindness	Create a positive compliment box that will stay in the hall and pupils can write when they have noticed somebody doing something kind.	£0	Can be reviewed on Friday assembly.