Positive Playtime Practice

Action Plan – Example

Planning team outcomes:

You could:

1. Purchase 5 x signs for children and adults to remember to build in as much of the 5 ways to wellbeing as they can at break and lunch time, as well as out of school. The children can choose where to place them around the school – I have attached a copy of a company that has made signs for us in the past, into the email which you would have seen.

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|  | To do: | By who? |
| Connect area | Connection challenge sheets  Print and laminate  Small talk prompts  Share with whole school how the buddy bench works it is to be used – with more of an emphasis on people going there to offer friendship rather than going if on own.  Introduce a ‘make a new friend’ weekly challenge and use the make a new friend sheets to help  Celebration assembly – Can 1 child a week share a person who they have connected with this week using small talk techniques – Can they have a Connect certificate?  Can board games be used to get people connecting in pairs/threes? Or word searches/puzzles?  These could be kept by the Wellbeing Leaders in back packs  Can you bring in a unit of work that makes explicit – personal space, expectations of playground interaction, social responsibility, self-management, positive playtime behaviours in more detail?  Can the school teach a wider range of playground games, can the children create more games themselves when given the skills? This is about upskilling the children to create their own games.  Introduce a bank of games/plays/dances that the children can have a go at.  Offer all pupils access to Wellbeing Leaders – have pin badges available to highlight them in their roles. | CP to send through  CP to send through  School  School  School  School  CP to send through  CP to send through  Perhaps through PE in School?  Will be supplied by Bespoke Mentoring |
| Be Active | A4 Fitness cards with physical activities printed on them.  Teachers to have a drop-down day/morning/afternoon to introduce a wider range of playground games.  Castle Batch’s own version of the Daily Mile to be introduced? Try setting tasks linked to the 5 Ways to Wellbeing that can be completed during the run/walk/jog  I class per day allowed to do the daily mile in their wellies | CP to send through  CP to send through – as above  School  School |
| Take Notice | Introduce word search books for mind focussing opportunities – requested by a few pupils  Offer some mindfulness colouring books in classes – or give to Wellbeing Leaders to give out and take ownership of.  Both Year 5 classes to complete the mood/stress analysis sheet to understand when they need to bring these activities in more throughout the day.  Children to colour/create a flower, in the centre write their name and then in the petals write down the kinds of activities they would need to take part in to move their mood. To be visible from the playground.  Use of reflection points around the school, but especially on view when children go in, and out, of school. Mirrors, button to press on a poster, a ‘5 ways to wellbeing’ poster, A ‘what mood are you in’ poster.  Introduce some more mindfulness activities, a lego/duplo box.  Have music available for children to listen to or sing along too.  Introduce a form of communication that children can use to share how they are feeling if really low – stickers etc? Teachers then also to use this system to model its use  Develop the chill out area to include activities for children to chill out and relax – This can include top trump cards, magazines, board games, whatever they feel they might help  Create a bank of quotes to motivate children to have a go at an activity to move their mood.  Set up a sticker system that anyone can choose to link into to share with others around them how they are feeling – light blue/dark blue – or create your own  Create your own take notice challenge – using beach stones if chosen | School  School  CP to send through  CP to send through  School  School  School  Children can research and create them in an IT lesson  School  This does not have to be stickers, it’s just a way of pupils sharing that they feel low.  School |
| Keep Learning | Create a bank of magazines for pupils to read. Red dots on top corner if they don’t want others reading them and green dot if others can read them.  Further signage to be put up to link to creative writing or maths/times tables?  Can pupils access journals/extra maths books/games??  Introduce some new clubs, either before School, or at lunch that are tailored around the 5 ways to wellbeing. | Whole school - Pupils to bring them in from home or buy some through fundraising friends?  Sign company that create the 5 ways signage – they can do this  School - Using old Maths activity books has helped children at break to focus.  School – dependent on capacity? |
| Give | Sign to be put up at the front of school? Pupils wanted this to be shared with everyone and expected of everyone beyond break and lunch time.  Small A4 posters to be put up around school to promote this.  Making the following explicit:  What does giving your time look like? What happens when you give your time – how does it make you feel or how does it make the other person feel you are helping?  Having children trained as Wellbeing Leaders who actively spot those feeling low and do something about it. | This is where the target group focus will be – they will be given additional jobs/tasks to allow them to get a boost from giving their time.  Children can create these  School to arrange |
| Targeted work with MDSV | Share the target pupils for this term with all staff and the strategies suggested to boost give them their wellbeing boosts through using more of the 5 ways to wellbeing. Share the monitoring questions and ask for feedback whenever anyone sees anything during their break where this is having an impact. | School |

* Not all signs/target areas need to be introduced in 1 go. It can be a stepped process over the rest of the academic year.
* Sports premium can be used to buy the signs and support the purchase of other resources
* 6 pupils have been chosen by the MDSVs to get them more engaged with the 5 Ways to Wellbeing

I’d like to flag up a book that might be used within your KS2 PSHE curriculum – The Mental Health Handbook for Primary Schools: Raising Awareness of Mental Health Issues and How to deal with them – Amazon £39.99 – 6 lessons per year group for Years 3/4/5/6

If you need anything else, please shout! Good luck.

Chris