

Wellbeing ambassadors at Olga Primary



Who are the wellbeing ambassadors?

- ▶ We have been chosen by our teachers to be outstanding **role models** and leaders around school.
- ▶ We are here to help other children with their wellbeing by **listening to them when they are feeling sad, lonely, angry or upset** and **offering support** to them if they have **no-one to play with or feel alone**.
- ▶ Another one of our roles is to **help children to find an appropriate adult** to help them to resolve any issues around friendships in the playground.
- ▶ You will know who we are because we will be wearing **high-visibility jackets** and wellbeing **ambassador lanyards**.

We will help you by...

- ▶ Listening to you and taking your worries seriously.
- ▶ Asking questions if necessary.
- ▶ Making sure you are not feeling lonely.
- ▶ Making sure that an adult can help you if we can't.



We will help you think about your emotions by...

- ▶ Finding you somewhere **calm** to sit in the playground
- ▶ Letting you **think** about how you're feeling
- ▶ Offering **support** and **kind words**
- ▶ Be on hand to play games

We will use some of these questions and phrases...

1. Has something happened?
2. How do you feel now?
3. What do you usually do when...
4. I'm sorry to hear that...
5. What do you need to feel better?
6. Is there an adult here you would like to speak to?



What we are not here to do...

- ▶ We are not here to resolve your issues around friendships. If there are any issues or bullying, you need to **tell an adult**.
- ▶ We are not here to tell adults about issues that you have had. **We can direct you towards adults** to help you resolve issues that you have had.
- ▶ We are not here to get involved with or stop any arguments or fights. We will be in the quiet area and are available for you to come and find us at lunch time.
- ▶ We are not here to solve your problems but we will **support you and listen**.

How will you recognise us?

- ▶ We will be in the playground during **lunchtime**
- ▶ We will be wearing **high-visibility jackets** and **lanyards** which say wellbeing ambassadors on them
- ▶ We will **work in pairs** and we will be visible **every day**
- ▶ Our photos will be displayed around the school so that you can find us if you want to talk to us



Our wellbeing ambassadors:

