



Mental Health in Schools Team (MHST)

Tips For Wellness:

INCLUSION/BELONGING

We all wish to belong and feel valuable. It is about honouring and embracing people; regardless of race, gender, disability, medical, or any other need. Being included can help you develop a sense of belonging, acceptance and self-worth. Feeling like you belong motivates you to participate in school, after school clubs, community groups etc, and fosters a deeper connection.

Helping others to feel included, and forming friendships with people who are different from you, can help others feel connected too, boosting their happiness and overall wellbeing. Being the person that makes others feel included can also make you feel happy and raise your self-esteem.

Tips for Inclusion

- Reach out to others. Get to know a new person in your class, or sit next to someone different at lunch.
- Be patient and kind. Listen to others and allow them to express themselves.
- Ask a friend "What makes you unique?". Remember to listen and respect their answer. We are all unique.
- Respect someone for their specific skill set and contribute to shared goals.
- Challenge yourself to learn something new. Read stories about interesting people and role models from different and diverse backgrounds.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.