

Become a

**WELLBEING**

**Ambassador**

**Would you like to represent your class and year group as a Wellbeing Ambassador?**

**Are you...**

- Empathetic
- Supportive to your peers
- Kind and caring
- Responsible
- Friendly and approachable
- Good at listening to everyone
- Able to remember things
- Reliable
- A good problem solver

**Then you will make a great Wellbeing Ambassador!**

**What does the role involve?**

- Promoting positive mental health and wellbeing amongst your class, year group and across the school
- Helping to lead World Mental Health Day and Children's Mental Health Week
- Sharing key messages on positive mental health in assemblies
- Being supportive of others who may need comfort and support
- Being supportive of others who may need help with friendships and demonstrating our school values

**To apply, please prepare a short speech to present to your class mentioning the following points:**

- Why do you want to be a Wellbeing Ambassador?
- What skills/talents do you have that would help you in this role?
- What aspects of the role would you find challenging?
- What aspects of the role would you find rewarding?

*We look forward to hearing from you!*