

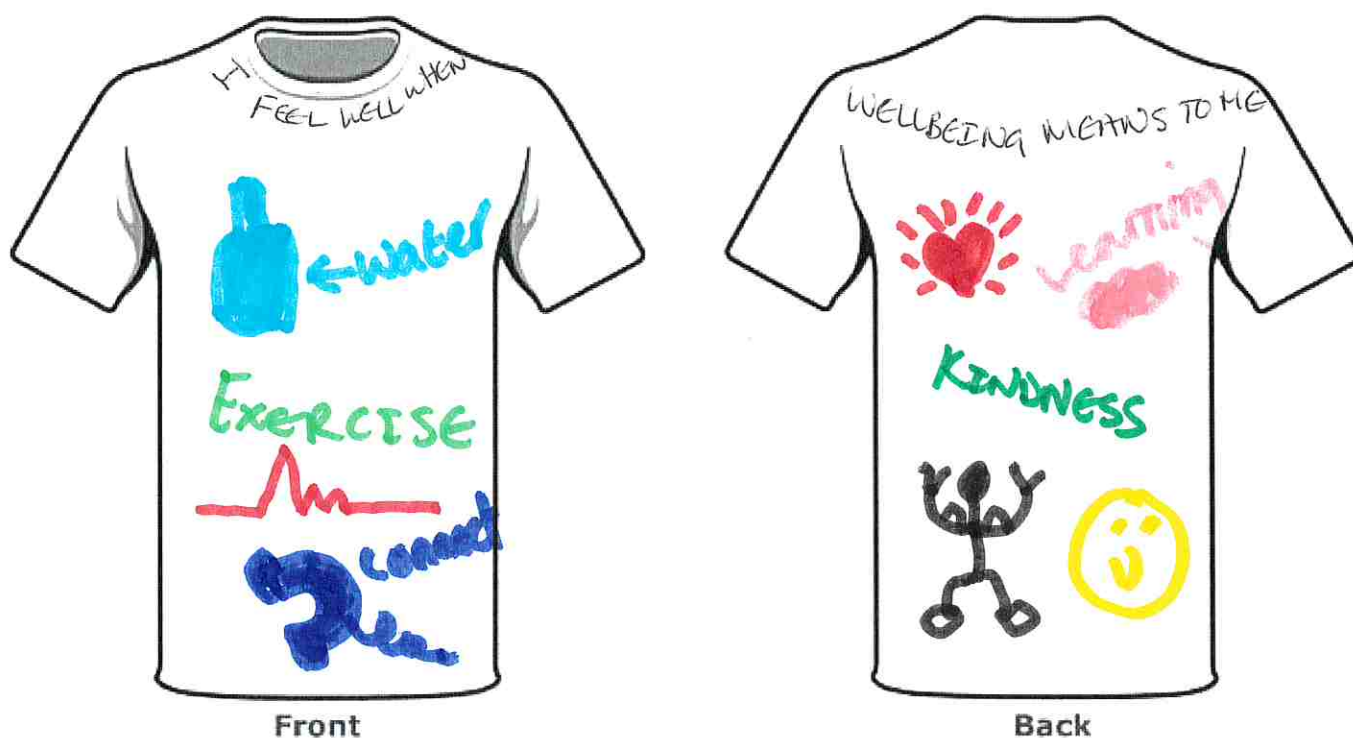


Wellbeing T- Shirt Design

To help to prepare for the debates and discussions during the Wellbeing Conference, we would like the pupils attending to design a T-shirt that they should wear to the event.

You will be given a T-shirt per pupil to wear. They will need to have time before the event to decorate this after discussion with the key adult attending. The design can be unique to the individual child or school.

Please base each T-shirt on the following template:



On the back – Finish the sentence “ Wellbeing means to me...” Discuss this as a group and then ask the individual pupils to draw what they believe wellbeing means.

On the front – Finish the sentence “ I feel well when...” pupils to draw symbols of times when they have felt well (whatever well means to them). This could be for example, when they have eaten a balanced meal or after exercise.

Pupils can use pens, felt tips or paint for their design. It would be helpful if they could also talk about it and will have an opportunity to share their ideas with a small group.

If you have any questions about the T-shirts please contact Kelly Dillon at k.dillon@fairfields.hants.sch.uk