



Application for being a Mental Health Ambassdor at South Bersted Primary School.

Questions to consider for expression of interest:

Why would you like to be a wellbeing champion? Maybe you are interested in learning more about wellbeing? Or maybe you want to learn something new?

- I would like to be a wellbeing champion because....

What would you like to learn and find out about? Maybe how to listen to friends? Maybe how to help people? Maybe things you can do to look after yourself?

- I am interested in knowing more about...

Why would you make a good wellbeing champion? Maybe you enjoy helping people? Maybe you are a good listener?

- I would be a good wellbeing champion because I like.....and I am.....

Why do you think looking after yourself and others is important? Do you look after yourself already? What do you do already?

- I think looking after yourself and others is important because....

Is there anything else you want to tell us about wellbeing?