



# Supporting Pupil/Student Wellbeing Virtually

**ROUTINE.** HELP GENERATE A REGULAR ROUTINE WHEREVER YOU CAN. THEY PROVIDE STRUCTURE, SUPPORT AND MOTIVATION.

**SUPPORT.** OFFER REGULAR OPPORTUNITIES FOR PUPILS/STUDENTS TO SPEAK TO SOMEONE. THIS PROVIDES A CHANCE TO SHARE HOW PUPILS/STUDENTS ARE FEELING AND ANY CONCERNS THEY HAVE.

**IDENTIFY.** HAVE A SYSTEM FOR RECOGNISING AND HIGHLIGHTING TO OTHERS THOSE WHO YOU ARE CONCERNED ABOUT.

**ADDITIONAL SUPPORT.** OFFER HELP TO THOSE WHO HAVE BEEN IDENTIFIED AS NEEDING SUPPORT AROUND THEIR WELLBEING. THIS COULD BE SIGNPOSTING OR HELPING THEM TO ESTABLISH SELF HELP STRATEGIES.

**BUILD WELLBEING SUPPORT PLANS.** CREATE INDIVIDUAL PLANS THAT HELP IDENTIFY WHEN SOMEONE FEELS GOOD, WHAT MATTERS TO THEM, WHO IS THERE FOR THEM AND WHAT MAKES THEM FEEL HAPPY AND SAFE.

