

# CREATING A MENTALLY HEALTHY CLASSROOM



A mentally healthy classroom is a place where pupils feel safe, valued, respected and supported.

It promotes positive mental health, reduces stress and helps everyone learn and grow.

A mentally healthy classroom supports wellbeing, builds resilience and helps every pupil thrive.



## REMEMBER

When we look after our mental health, we can think clearly, manage challenges, build relationships and achieve our goals.



- ♥ Be Kind
- 👤 Be Respectful
- ★ Be Supportive
- 👤 Be You

## THE FOUNDATIONS OF A MENTALLY HEALTHY CLASSROOM



### SAFETY

Create a physically and emotionally safe space where everyone feels secure and accepted.



### BELONGING

Build strong connections and a sense of community where everyone feels they belong.



### RESPECT

Value each person, their ideas and feelings. Treat everyone with kindness and respect.



### EMPOWERMENT

Encourage independence, voice and choice. Help pupils believe in themselves and their abilities.



### RESILIENCE

Support pupils to build coping skills, learn from challenges and bounce back stronger.



### SUPPORT

Provide help when needed and connect pupils with trusted adults and resources.

## PRACTICAL STRATEGIES FOR EVERY DAY



### START WITH CONNECTION

- Greet pupils warmly
- Use names
- Check in and show genuine interest



### SET CLEAR ROUTINES

- Predictability reduces anxiety
- Share timetable and expectations clearly



### TEACH WELLBEING

- Build emotional literacy
- Teach coping strategies
- Practise self-care



### ENCOURAGE OPEN TALK

- Create time for discussion
- Listen without judgement
- Validate feelings



### CELEBRATE STRENGTHS

- Notice effort and progress
- Use positive feedback
- Celebrate differences



### SUPPORT REGULATION

- Build brain breaks and movement
- Use calm down strategies
- Create sensory friendly options



### PROMOTE KINDNESS

- Model kindness
- Encourage helpful actions
- Build a culture of care



### CREATE CALM SPACES

- Provide a quiet area to reset
- Include calming resources
- Respect space and privacy



### INVOLVE PUPILS

- Seek their ideas
- Offer choices
- Give responsibility and leadership opportunities



### WORK TOGETHER

- Partner with families
- Collaborate with colleagues
- Connect with school support services



### REDUCE STIGMA

- Talk about mental health openly
- Challenge negative stereotypes
- Share stories and resources



### LOOK AFTER YOURSELF

- Your wellbeing matters
- Take breaks
- Ask for support when needed



## WHAT TO AVOID

- ✗ Sarcasm, put-downs or humiliation
- ✗ Ignoring or dismissing feelings
- ✗ Comparing pupils to others
- ✗ Overloading with pressure or homework
- ✗ Inconsistent boundaries and routines
- ✗ Publicly calling out behaviour
- ✗ Assuming behaviour is 'just for attention'
- ✗ Doing everything for them



Avoiding these helps create trust, safety and a positive learning environment.

## CLASSROOM WELLBEING CHECKLIST

- ☐ Do all pupils feel safe and accepted?
- ☐ Do we have clear routines and expectations?
- ☐ Do we teach and practise emotional skills?
- ☐ Do pupils have a voice and feel heard?
- ☐ Do we celebrate effort, progress and strengths?
- ☐ Do we have strategies to support regulation?
- ☐ Are we building positive relationships?
- ☐ Do we work in partnership with families?
- ☐ Do we look after our own wellbeing?



Small, consistent actions create big, lasting change.



## KEY TAKEAWAY

A mentally healthy classroom is built on connection, care and understanding.

When we support mental wellbeing, we help every pupil reach their potential and thrive.



Together, we can create classrooms where everyone feels they belong and can flourish.



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