

Cups of Kindness

The cup of kindness is a fun way to help you brighten up each other's day. Simply filling a cup with appreciative messages or treats for each other can be a great way to build a sense of togetherness. You could do this virtually through a Teams group.

Wellbeing Hub

Creating a wellbeing hub or app can allow both you and your students to add things that others might enjoy. Adding your favourite music, podcasts and meditation tips can make all the difference when looking after yourself.

Virtual Postcards

Sending virtual postcards to your colleagues with a positive image or a funny gif can help you support each other when times are difficult. The virtual postcards can be sent anonymously or to another member of staff to recognise something they've done.

Staff wellbeing best practice

We asked our Teachers' Insights Group about the things they are doing now to support staff wellbeing. We know it can be hard to feel positive at the moment, so these small ideas can make a big difference. We'd love to hear your ideas too.

Guardian Angel

The guardian angel system helps you look out for each other. Staff members are allocated someone to look out for them, give them time to talk, listen to any concerns or worries and show them recognition for the work they are doing.

WhatsApp Group

Set up a WhatsApp support group to check in with each other. Using this group to share lots of funny messages, photos and videos can be a nice and fun way for you to focus on the positives during this time. It's important to keep this space uplifting and use other forms of communication for more serious issues.

