MindMate Ambassadors Questions Around Mental Health and Well-being in School

Please ask your class these questions, write their collective responses in the box and return to Mrs Davison by Friday 4th November. Thank you ☺

**Class:**

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| 1. What is Mental Health and Well-being? |

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| 1. What ideas do you have that will help children’s Mental Health and Well-being in school? |

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| 1. What already happens in school that helps Mental Health and Wellbeing? |

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| 1. Anything else you would like to know about Mental Health and Well-being? |