



Stress Busting Council

- Remind everyone of the rules and that “What is said in the council stays in the council”
- Each person checks in using the stress scale
- Each person has the chance to say if something is stressing them out and to talk about it either to the group or to two leaders
- Any other member of council can put their hand up and then suggest something to help.
- Complete one of the activities chosen by the leaders
- At the end encourage everyone to use the strategies this week and check out using the stress scale

Aims of the Stress Busting Council:

- To create a culture of emotional openness and awareness
- To develop self awareness
- To create a safe space where pupils are able to be open about emotional challenges
- To develop peer support systems
- To encourage empathy and compassion
- To encourage proactive responses to distress
- To encourage the pupils to take responsibility for their own emotional state