



What is a well being ambassador?

The Role of a Well Being Ambassador



- Be a positive role model
- Promote a healthy lifestyle
- Run lunchtime well-being clubs
- Reduce the stigma around mental health amongst their peers
- Encourage children to talk and share
- Be someone that can listen, support people and ask for help

WELLBEING AMBASSADOR

The **ZONES** of
Regulation[®]



The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

Is there a bad zone?



**There are
no good or
bad Zones**

