

Social Wellbeing Intervention Program designed specifically for Key Stage 4 students (ages 14–16). The goal is to promote emotional intelligence, healthy relationships, and a sense of belonging during a critical period of academic pressure and identity development.

Social Wellbeing Intervention: "Thrive KS4"

Overview

Duration: 6 weeks

Frequency: 1 session/week (45–60 mins)

Delivery: PSHE lessons, tutor time, or after-school program

Facilitator: Teacher, school counsellor, or external wellbeing professional

Format: Group-based (8–15 students), interactive and discussion-driven

Program Objectives

- Develop self-awareness and emotional regulation skills
 - Promote positive relationships and communication
 - Strengthen resilience and stress-coping strategies
 - Foster inclusion and a sense of community
 - Encourage healthy digital and offline social habits
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Week-by-Week Breakdown

Week 1 – "Understanding Me"

Focus: Self-awareness and identity

Activities:

- Icebreaker: "Identity Shields" (students create shields showing aspects of their personality)
- Discussion: How do we define ourselves beyond academic labels?

- Reflection journal prompt: "What makes me, me?"
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Week 2 – "Emotions in Motion"

Focus: Emotional literacy and regulation

Activities:

- Group game: "Emoji Charades"
 - Workshop: Naming and navigating emotions (zones of regulation, CBT-inspired tools)
 - Introduce emotion tracker app or printable journal
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Week 3 – "Talk It Out"

Focus: Communication and active listening

Activities:

- Pair activity: "Story Swap" – listen and retell each other's story
 - Role-play scenarios: Miscommunication and how to fix it
 - Circle time discussion: "What makes me feel heard?"
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Week 4 – "Building Better Bonds"

Focus: Healthy friendships and conflict resolution

Activities:

- Interactive quiz: Healthy vs. unhealthy behaviours
- Scenario-based role-play: Navigating peer pressure, gossip, online drama
- Group reflection: What makes a strong friendship?

Week 5 – "Digital Me"

Focus: Online identity, social media wellbeing

Activities:

- Debate: "Does social media help or harm our friendships?"
 - Digital detox challenge (optional)
 - Guided discussion: Curating a positive online presence
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Week 6 – "My Support Squad"

Focus: Building a support network

Activities:

- Group map: "Who's in my circle?" (friends, family, teachers, mentors)
 - Crisis role-play: Who would you turn to and why?
 - Celebration: Reflect on progress and personal growth
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Optional Components

- **Parental Engagement:** Newsletter updates or workshops
 - **Wellbeing Journals:** Weekly prompts + check-ins
 - **Peer Mentors:** Involve older students as role models
 - **Follow-Up Booster Sessions:** 1 per term for sustainability
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Evaluation

- **Pre & Post Surveys** (on confidence, belonging, stress)
- **Feedback forms** (student voice)
- **Teacher observations** (engagement, behavioural indicators)