

# Health and Wellbeing :

# Drama



**Nurtured**

For me this could be:

- Building my confidence by performing in front of others
- Experiencing a supportive and positive ethos which is promoted during class and rehearsal time

Examples of this in action:

- Pupils receive regular verbal feedback and encouragement from teachers and peers after performances
- Respect is shown to all pupils throughout performances

**Active**

For me this could be:

- Participating in group performances and knowing my contribution is valued
- Being active in practical exercises and rehearsals

Examples of this in action:

- Pupils are given the opportunity to be involved with extra curricular activities
- Extra rehearsal opportunities during and after school to develop practical skills

**Achieving**

For me this could be:

- Having clear goals and targets on how to achieve my potential during each lesson
- Being given regular opportunities to perform in front of others

Examples of this in action:

- Pupils receive regular feedback on how to best develop skills
- Regular performances provide the opportunity to develop skills and build confidence

**Respected**

For me this could be:

- Listening attentively and showing respect when others are performing, knowing I can expect the same in return
- Knowing that in class discussions my point of view will be heard

Examples of this in action:

- Pupils are given the opportunity to perform and take responsibility for performance roles
- Class discussions form an important part of the course

**Healthy**

For me this could be:

- Being welcomed into a positive and friendly department
- Being encouraged to communicate openly with staff and peers, ensuring my wellbeing is a priority

Examples of this in action:

- Teachers welcoming pupils into class at every lesson
- Pupils know that their thoughts and feelings are listened to and are taken into account

**Responsible**

For me this could be:

- The responsibility to organise my space and resources safely and fairly during rehearsals

Examples of this in action:

- Pupils are given space to rehearse in and show respect for each others physical boundaries

**Safe**

For me this could be:

- Being shown how to use new equipment and being taught the necessary safety rules
- Being able to talk with staff if I have any concerns

Examples of this in action:

- Pupils are confident in using equipment safely and correctly
- Teachers monitor physical activity in the classroom during practical work and monitor all pupils at all times

**Included**

For me this could be:

- The opportunity to rehearse and perform as part of a group and feeling included in group activities

Examples of this in action:

- Pupils feel welcome in the department and know there are extra curricular opportunities across the faculty

