

ABSTRACT

The thesis focuses on the promotion of pupils' wellbeing in a small classroom school. It is a primary school only and it is to promote pupil wellbeing at this school that a project day plan was developed to promote pupil wellbeing. The aim of the work is to create a project day plan where pupils learn about the concept of wellbeing, why it is important and how they can support and influence their own wellbeing.

The theoretical part deals with introducing the concept of wellbeing, learning about pupils' mental wellbeing in the school environment and how wellbeing can be influenced in a small first grade school setting.

The practical part presents the preparation for a project day within the school and its subsequent evaluation. The research investigation used a questionnaire survey of the pupils who participated in the project day, interviews with teachers in the school and own observations. From the data and information gathered, an analysis was carried out. The data obtained from the questionnaire survey was supplemented and compared with the information obtained from the interviews and observations. The research shows that the project day brought benefits to the pupils and teachers of the school, especially in the awareness of what wellbeing means, what is related to wellbeing and how to promote it, either from the pupils' or the teachers' perspective (working with emotions, adjusting the classroom environment, the flow of lessons, etc.). As the headmistress also participated in a selected part of the project day, the pupils were given the opportunity to present their suggestions for improving the school environment, some of which were listened to and will be implemented.

KEYWORDS

Well-being, mental health, project day, small class school