

Wellbeing Champions at London Zoo

June 2025

The wellbeing champions attended a celebration event at London Zoo where we shared what we have been doing to promote positive mental health at Christ Church, and we listened to wellbeing champions from other Camden schools to find out what they had been up to.



We told them all about our leaflet to promote wellbeing in the digital world and then enjoyed a fun afternoon visiting the animals in London Zoo.



What are the issues?
Comparing yourself to others you see online.

How can this affect your mental health?
You can feel annoyed, jealous, envious and this might give you low self esteem.

What can you do?
Focus on what **you** are good at.
Make a **gratitude diary**.
Be a **good friend** and value your friends. Remember **everyone is different** and that's what makes the world so interesting!

QUESTION → → ← ANSWER

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What are the issues?
Playing games or watching videos that are not for your age.

How can this affect your mental health?
You can feel frightened, scared and get nightmares.

What can you do?
Check with parents before you play or watch.
Check the **age rating** for the game or film.
Switch it off if you feel scared and tell someone about it.

Christ Church School, Hampstead
A village school in London teaching life to all its children

Wellbeing in the Digital World

The online world is an exciting place and very useful, but we need to be aware of the impact it can have on our mental health.

The Christ Church Wellbeing Champions have created this leaflet to help educate children about staying happy while using devices.

What are the issues?
Playing games or watching videos late at night.

How can this affect your mental health?
You can become tired, grumpy or snappy.

What can you do?
Switch off your device an hour before bedtime.
Do something else like read a book, play with your toys or a pet.
Relax by doing **deep breathing** exercises or 'squeeze and relax' muscle relaxation.

What are the issues?
Spending too much time on devices.

How can this affect your mental health?
This can lead to sleep problems and make you feel anxious. It can give you eye and neck strain.

What can you do?
Set a **timer** for your screen time.
Enjoy sports like swimming, tennis, cricket and football.
Do some art, crafting or cooking.
Play with toys or read books.
Spend time with your friends and family outside.

What are the issues?
Receiving unkind messages when playing a game.

How can this affect your mental health?
You can feel frightened and under their control.

What can you do?
Screen shot the messages and tell an adult.
Close the game.
Report to moderators of the game.
Play online with friends you know in the real world.