

# My Wellbeing Toolkit with Nova and Leo

*Learning objective: To understand the importance of mental health and identify positive strategies for managing emotions and seeking support.*

Nova the owl and Leo the lion are building their 'Wellbeing Toolkits'. Below is a list of activities and thoughts. Sort them into two categories: 'Helpful Habits' (things that make us feel calm, happy, and supported) and 'Things to Talk About' (times when we might need to ask a trusted adult for help). Write each item in the correct section of the table below.

*Word bank: Deep breathing · Feeling worried for a long time · Going for a walk · Talking to a trusted adult · Drawing a picture · Not feeling like yourself · Listening to music · Feeling sad and not knowing why · Playing with friends*

**1. 1. Create a table with two columns: 'Helpful Habits' and 'Things to Talk About'. Sort the items from the word bank into these columns. (5 marks)**

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**2. 2. Why is it important to talk to a trusted adult if you have been feeling sad or worried for a long time? (2 marks)**

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**3. 3. Nova the owl suggests that everyone feels different emotions. Can you name two other 'Helpful Habits' that help you feel calm when you are stressed? (2 marks)**

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**4. 4. If a friend tells you they are feeling overwhelmed, how could you show kindness and support them? (2 marks)**

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**5. 5. Think of a 'trusted adult' in your life. Write down their title (e.g., teacher, parent, grandparent, coach) and explain why they are a good person to talk to. (2 marks)**

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**Draw: Draw a 'Wellbeing Backpack'. Inside the backpack, draw the things you like to do that help you feel happy and calm (like reading, playing sport, or spending time with family).**



*Extension challenge: Write a short, encouraging poem for a friend who might be having a difficult day, just like Leo the lion would write.*