

My Wellbeing Toolkit with Leo the Lion

Learning objective: To identify strategies that support emotional wellbeing and understand the importance of self-care and positive habits.

Leo the Lion knows that being brave isn't just about adventures; it is about looking after your mind and body. Use this toolkit to reflect on what makes you feel calm, happy, and ready to learn. Fill in each section with your own ideas and experiences.

Word bank: calm · resilient · mindful · kindness · support · hobbies · relaxation · proud · brave · balance

1. My Happy Places: Describe a place or a situation where you feel completely calm and relaxed. Why does this environment help you feel good? (2 marks)

2. The Kindness Chain: Think of one kind thing you did for someone else this week, and one kind thing you did for yourself. How did these actions make you feel? (2 marks)

3. Overcoming Challenges: Leo sometimes finds new challenges tricky. What do you say to yourself when you find a task difficult but you want to keep trying? (2 marks)

4. My Support Network: Who are the people you can talk to if you are feeling worried or sad? List three people or groups who help you feel safe. (2 marks)

5. Healthy Habits: List three activities that help keep your body and mind healthy (for example, getting enough sleep, playing outside, or reading). (2 marks)

Extension challenge: Create a 'Wellbeing Promise' for yourself. Write down one goal you will try to achieve this week to improve your mood or help you feel more positive, and share it with a partner.