

My Wellbeing Journal: Finding My Balance

Learning objective: To identify strategies that support mental wellbeing and explain how to maintain a healthy, balanced lifestyle.

Use this writing frame to explore what makes you feel happy, calm, and healthy. Think about the things you do to take care of your mind and body. Use the word bank to help your writing flow.

Wellbeing is all about how we feel inside and how we look after ourselves every day.

Word bank: furthermore · consequently · in addition to · on the other hand · for instance · this helps me because · it is important to · whenever I feel · a positive strategy

1. Physical Health: Explain how being active or eating well helps your mind. Start your sentence with: Staying active is a great way to improve my mood because... (2 marks)

2. Emotional Regulation: Describe a calm activity you do when you feel worried or overwhelmed. Start your sentence with: Whenever I feel stressed, I like to... (2 marks)

3. Social Connection: Why is it important to talk to friends or family about your feelings? Start your sentence with: Sharing my thoughts with others is helpful because... (2 marks)

4. Sleep and Routine: Why does having a consistent bedtime routine make a difference to your day? Start your sentence with: A good night's sleep allows me to... (2 marks)

5. Personal Goal: What is one small step you can take this week to improve your personal wellbeing? Start your sentence with: One target I am going to set for myself is... (2 marks)

Extension challenge: Imagine Nova the owl is feeling a bit overwhelmed by her stargazing studies. Write a short letter to Nova giving her three pieces of advice on how she can look after her wellbeing.