

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)

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)

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)

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

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)

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.