

Wellbeing Wonders with Nova and Leo

Learning objective: To understand the importance of emotional wellbeing, healthy habits, and how to manage feelings.

Read each question carefully. Choose the best answer for multiple choice questions, or write your answer clearly for the others. Remember, wellbeing is all about looking after your mind and body!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.B, 6.A, 7.True, 8.True, 9.Communication, 10.Empathy.

Word bank: Resilience · Mindfulness · Empathy · Wellbeing · Communication · Balance

1. 1. Nova the owl suggests that getting enough sleep helps your brain. How many hours is generally recommended for a child your age? A) 6 hours B) 8 hours C) 10 hours* D) 4 hours (1 mark)

2. 2. True or False: Eating a balanced diet with fruit and vegetables helps improve your mood and energy levels. (1 mark)

3. 3. True or False: It is helpful to keep all your worries inside and never talk to an adult about them. (1 mark)

4. 4. If you are feeling overwhelmed, which of these is a healthy way to calm down? A) Shouting at others B) Taking deep breaths and counting to ten* C) Playing video games for five hours D) Ignoring your schoolwork (1 mark)

5. 5. What is the name for the practice of focusing on the 'here and now' to help your mind feel calm? A) Daydreaming B) Mindfulness* C) Racing D) Forgetting (1 mark)

6. 6. Leo the lion says that being kind to yourself is important. What is a positive way to talk to yourself? A) 'I am trying my best and I can learn from mistakes.* B) 'I am not good at anything.' C) 'I will never finish this.' D) 'It does not matter if I try.' (1 mark)

7. 7. True or False: Physical exercise is good for your mental wellbeing, not just your muscles. (1 mark)

8. 8. True or False: Everyone feels sad or worried sometimes, and these feelings are a normal part of life. (1 mark)

9. 9. What do we call the act of sharing your thoughts and feelings with a trusted person? (1 word) (1 mark)

10. 10. What is the word for understanding and sharing the feelings of another person? (1 word) (1 mark)

Draw: Draw a picture of your 'Happy Place'. This could be a real place you visit or a calm space in your imagination where you feel relaxed and safe.



Extension challenge: Write a short poem, like Leo the Lion, about one thing you do each day that makes you feel happy or calm.