

Finding Your Calm: A Guide to Wellbeing

Learning objective: To understand strategies for managing emotions and identifying the importance of self-care and positive mental health.

Read each question carefully and use your own experiences and the word bank to help you answer. Think about how Max the monkey might use maths to stay calm, or how Nova the owl finds peace while stargazing.

Wellbeing is about how we feel inside and how we cope with the daily ups and downs of life. Just like keeping our bodies healthy with food and exercise, we need to look after our minds. Recognising our emotions and knowing who to talk to when things feel tricky is a big part of growing up.

Word bank: Mindfulness · Resilience · Wellbeing · Breathing · Gratitude · Support · Balance

1. Nova the owl loves to watch the stars to help her relax. Name two activities that you enjoy doing that help you feel calm when you are feeling worried or stressed. (2 marks)

2. If you are feeling overwhelmed, why is it important to talk to a trusted adult? Give one example of a person you could speak to at school or home. (2 marks)

3. Max the monkey says that having a 'balance' in his day helps his wellbeing. What does it mean to have a healthy balance between school work, play, and rest? (3 marks)

4. What is 'gratitude'? Write down three things you are grateful for today. (3 marks)

5. Explain how taking deep, slow breaths can help someone who is feeling angry or frustrated. (2 marks)

Draw: Draw a 'Wellbeing Garden'. In each flower, write or draw one thing that makes you feel happy, safe, or calm (for example: reading a book, playing with a friend, or eating a healthy snack).

A large, empty rectangular box with a thin black border, intended for a student to draw a 'Wellbeing Garden'. The box is currently blank.

Extension challenge: Create a 'Wellbeing Toolkit' list. Write down five things you can keep in a box or a mental list that you can use whenever you need to feel more positive or relaxed.