

Looking After Our Minds with Pip and Nova

Learning objective: To understand that mental health is a part of our overall well-being and to identify strategies for managing feelings.

Read the text carefully and answer the questions below. Think about how you can support your own mental health and the health of your friends.

At the BookFlik forest, Pip the caterpillar and Nova the owl know that looking after your mind is just as important as looking after your body. Mental health is about how we feel, think, and handle the challenges life throws our way. Sometimes, we might feel sad, worried, or frustrated, and that is completely normal. Nova explains that these feelings are like clouds passing in the sky; they change and move on.

To stay healthy, Pip suggests using 'calm-down' strategies when things feel overwhelming. This might mean taking deep breaths, drawing a picture, or talking to a trusted adult. Being kind to yourself is essential, just like being kind to a friend. When we share our worries, they often feel much smaller. Staying active, getting enough sleep, and eating healthy food also help our minds stay strong. Remember, everyone has different ways of coping. If you feel like your emotions are too big to handle alone, reaching out for support is a sign of great strength, not weakness. By looking after our mental health, we become more resilient and ready for the next adventure.

Word bank: well-being · emotions · resilient · mindfulness · support · perspective

1. According to the text, what are three examples of things we can do to help our minds stay strong? (2 marks)

2. What does Nova compare our feelings to, and what does this tell us about how feelings change? (2 marks)

3. Why does the author suggest that talking to a trusted adult is a sign of strength? (2 marks)

4. Why might a person feel worried or sad, even if they have been looking after their physical health? (2 marks)

5. Do you think it is helpful to share your worries with others? Explain your reasoning. (2 marks)

Draw: Draw a picture of a 'calm-down' space where you would like to go to relax your mind. Include things that make you feel happy and safe.



Extension challenge: Create a 'Well-being Toolkit' poster. List five activities you can do when you feel a big emotion, such as listening to music, reading a book, or going for a walk.