

## Looking After Our Minds with Nova and Leo

*Learning objective: To understand that mental health is a part of our overall wellbeing and to identify strategies for self-care and seeking help when feeling overwhelmed.*

Read each question carefully and think about how you can support your own mental health and the mental health of your friends. Use the word bank to help you express your ideas clearly.

Mental health is just as important as physical health. Nova the owl knows that sometimes, even the strongest lion like Leo can feel sad, worried, or frustrated. Taking care of our minds means recognising our feelings, talking about them, and finding healthy ways to manage the ups and downs of everyday life. Just like we exercise our bodies, we can practise looking after our mental health every day.

*Word bank: wellbeing · emotions · resilience · support · mindfulness · kindness · trusted adult · communication*

**1. Nova says that mental health is as important as physical health. Explain in your own words why it is important to talk about our feelings rather than keeping them hidden. (2 marks)**

---

---

**2. List two examples of healthy activities you could do if you feel worried or overwhelmed at school. (2 marks)**

---

---

**3. If Leo the lion is having a difficult day, why is it important for him to reach out to a 'trusted adult'? Name two people who might be a 'trusted adult' in your life. (3 marks)**

---

---

**4. What does the word 'resilience' mean in the context of mental health? Give an example of a time you showed resilience when something was tricky. (2 marks)**

---

---

**5. How can showing 'kindness' to a classmate help to improve the mental health of your whole school community? (2 marks)**

---

---

**Draw:** Draw a 'Calm Corner' that you would design for your classroom. Include things that help you feel relaxed, such as soft cushions, books, or pictures of nature.



*Extension challenge: Write a short, encouraging poem in the style of Leo the lion about how it is okay to have 'big' emotions and how we can find our inner calm.*