

My Wellbeing Toolkit: Understanding My Feelings

Learning objective: To identify and describe feelings and learn strategies to support mental health and wellbeing.

Use the prompts below to write a personal reflection about your feelings. Think about what makes you feel happy, calm, or worried, and write down the tools you can use to help yourself feel better.

Just like Nova the owl observes the stars to understand the night sky, we can observe our own feelings to understand how we are doing each day.

Word bank: sometimes · especially · furthermore · on the other hand · consequently · in addition · a helpful strategy · calm down · resilient · positive mindset · emotions · support network

1. How do you feel today? Start by describing your current mood and explain why you might be feeling this way using a connective: My current mood is... because... (2 marks)

2. What are the signs that your body gives you when you are feeling worried or sad? For example, my heart might race or my stomach might feel fluttery. I notice these signs when... (2 marks)

3. What healthy activities or 'tools' help you feel calm when you are having a difficult day? Consider things like reading, drawing, or talking to a friend. A helpful strategy I use is... (2 marks)

4. Who are the trusted adults or friends you can talk to when your feelings feel too big to handle alone? I feel comfortable talking to... because... (2 marks)

5. Write a positive affirmation for yourself to remember when things get tough. An example could be 'I am capable of handling challenges'. My affirmation is... (2 marks)

Extension challenge: Create a 'Wellbeing Menu' poster. List three different activities you can do to boost your mood: one for when you are low, one for when you are energetic, and one for when you are feeling stressed.