

Finding Your Calm: A Lesson from Nova the Owl

Learning objective: To understand strategies for managing emotions and maintaining personal wellbeing.

Read the passage below carefully and answer the questions using full sentences.

Nova the barn owl spends her nights watching the stars, which helps her feel peaceful and calm. She knows that sometimes, even the bravest friends feel worried or overwhelmed. Whether it is a tricky maths puzzle or a busy day at school, everyone experiences big emotions. Nova teaches that wellbeing is like tending to a garden; you must look after your mind just as you would a plant. When things feel difficult, she suggests three simple strategies. First, take a deep breath to help your body feel steady. Second, talk to a trusted friend or adult about how you are feeling. Third, do something you enjoy, like drawing or reading a book. By practising these habits, we become more resilient. Nova reminds us that it is perfectly normal to feel sad or frustrated sometimes. The most important thing is to recognise those feelings and find a kind way to return to a state of balance. Just like the stars in the night sky, we all have our own light, and looking after our wellbeing helps that light shine brightly every single day.

Word bank: wellbeing · strategy · resilient · mindfulness · emotion · perspective

1. List two of the three strategies Nova suggests for when things feel difficult. (2 marks) (2 marks)

2. What does Nova compare wellbeing to in the passage? (1 mark) (1 mark)

3. Why do you think Nova says it is 'perfectly normal' to feel sad or frustrated? (2 marks) (2 marks)

4. How does spending time watching the stars affect Nova's wellbeing? (2 marks) (2 marks)

5. Do you think having a 'trusted friend' is a helpful part of looking after your wellbeing? Explain your answer. (3 marks) (3 marks)

Draw: Draw a picture of a 'wellbeing garden'. Include things that make you feel happy and calm, like your favourite hobby, a pet, or a peaceful nature scene.



Extension challenge: Create a 'Wellbeing Menu' for your classroom. List five different activities that a student could choose from if they are feeling overwhelmed and need to reset their mood.