

Max and Nova's Wellbeing Toolkit

Be a Wellbeing Champion: Look After Your Mind, Look After Yourself!

- Physical activity, like running or dancing with Max the monkey, releases 'feel-good' chemicals in your brain that can boost your mood.
- Talking to a trusted adult about your worries is a sign of great strength, not weakness. A problem shared is often a problem halved.
- Getting enough sleep helps your brain process the day's events and prepares you to face tomorrow with a fresh, clear perspective.
- Nova the owl suggests that focusing on the present moment, such as listening to the sounds of nature, can help you feel more peaceful.
- Being kind to yourself is important; treat yourself with the same care and encouraging words that you would offer to a best friend.

Did you know? Did you know? Even the tallest trees need strong roots to grow! Just like trees, humans need to 'ground' themselves when they feel worried or stressed. Taking three deep, slow breaths is a scientific way to send a signal to your brain that it is time to calm down and feel safe.

Key vocabulary: Resilience · Mindfulness · Wellbeing · Emotions · Positivity · Balance