

My Emotional Garden: A Wellbeing Drawing Sheet

Learning objective: To recognize and describe different emotions and identify strategies that support mental health and wellbeing.

Use this sheet to create your own 'Emotional Garden'. Just like a real garden, our feelings need care, sunshine, and space to grow. Use the space below to draw your garden and label how you look after your own mental health.

Draw: In the large space provided, draw a vibrant garden. Inside your garden, draw different flowers, trees, or bushes to represent your emotions (e.g., a bright sun-flower for joy, a sturdy oak tree for resilience). Include a small 'safe space' bench or a cosy nook where you can go to relax. Use labels from the word bank to describe the different parts of your garden and draw yourself or a pet enjoying the space.



Label words: Calm · Resilient · Support · Joy · Kindness · Mindfulness · Patience · Gratitude

Steps:

1. Leo the Lion suggests that talking to a friend helps when we feel sad. Who are two people you can talk to when you have big feelings?
2. Name one activity you do that helps you feel calm or happy (e.g., drawing, running, reading).
3. Why is it important to show kindness to yourself when you make a mistake?

4. Look at your drawing. Which 'plant' or 'flower' represents your favorite hobby? Explain why.
5. If a friend was having a difficult day, what is one kind thing you could say to them?