

My Wellbeing Toolkit: A Diary Entry with Nova the Owl

Learning objective: To identify ways to support mental health and recognize that everyone experiences a range of emotions.

Today, Nova the Owl has been learning about how our minds work. Just like our bodies need healthy food and exercise, our minds need care too. Think about how you have felt today and what helps you feel calm or happy. Use this diary entry to reflect on your day and your wellbeing.

Word bank: resilient · mindful · calm · emotions · support · kindness · gratitude · courage · peaceful

1. My Feelings Today: Describe the main emotion you have felt today. Why do you think you felt this way? (2 marks)

2. Nova's Calm Corner: What is one activity or hobby that helps you feel peaceful or relaxed when you feel worried or stressed? (2 marks)

3. Acts of Kindness: How can showing kindness to others (or yourself) improve your mental wellbeing? (3 marks)

4. Support Network: If you are feeling upset or overwhelmed, who are the trusted people you can talk to for support? (2 marks)

5. Positive Reflection: Write down one thing you are proud of achieving today, no matter how small it might seem. (2 marks)

Extension challenge: Design a 'Wellbeing Badge' for yourself. Draw it in your book and include three words inside the badge that describe a healthy, happy mind.