

Nova's Wellbeing Garden: Growing a Healthy Mind

Learning objective: To identify strategies to support mental wellbeing and understand that everyone experiences different feelings.

Nova the Owl is tending to her Wellbeing Garden. Each plant represents a different way to look after your mental health. Sort the actions below into two categories: 'Growth Seeds' (things that help us feel calm, happy, or resilient) and 'Weeds' (things that might make us feel worried or overwhelmed). Write the action under the correct heading and explain why it helps your wellbeing.

Word bank: Talking to a trusted adult · Bottling up feelings · Getting enough sleep · Spending all day on a screen without a break · Spending time outdoors · Comparing yourself to others · Doing something kind for someone else

1. Choose one 'Growth Seed' from the list. Why does this action help a person feel better when they are having a tricky day? (2 marks)

2. Why is it important to talk to a trusted adult if you feel a 'Weed' (a worry) growing in your mind? (2 marks)

3. Max the Monkey is feeling stressed about his math homework. Suggest one 'Growth Seed' activity he could do to help him feel ready to try again. (1 mark)

4. True or False: Only people who are sad need to look after their mental wellbeing. Explain your answer. (2 marks)

5. List two things that make you feel calm and ready to learn at school. (2 marks)

Draw: Draw a 'Wellbeing Flower'. In the center of the flower, draw a smiley face. On each petal, draw or write one thing that makes you feel happy, safe, or calm.



Extension challenge: Create a 'Wellbeing Menu' for your classroom. Write down three short activities (like deep breathing, drawing, or reading) that you and your friends can choose from if you need a moment to reset during the school day.