

My Wellbeing Garden with Nova and Leo

Learning objective: To identify strategies that promote positive mental health and personal wellbeing.

Use this sheet to design a 'Wellbeing Garden'. Think about the things that make you feel happy, calm, and resilient. Draw your garden in the space provided and use the word bank to label your special features.

Draw: Draw a large, colorful garden scene. In the center, draw Nova the owl sitting on a branch and Leo the lion standing near a flower bed. Include specific areas for relaxing, such as a 'Calm Corner' with pillows, a 'Friendship Bench', and plants that represent your own growth and goals. Use bright colors to show happiness and clear lines to label your garden features.



Label words: Calm Corner · Resilience · Kindness · Friendship · Sunlight · Growth · Confidence · Support

Steps:

1. Nova the owl suggests including a 'Calm Corner'. Describe one activity you would do in this space to help you feel peaceful when you are worried.
2. Leo the lion says that friendship is like water for a plant. How can you show kindness to a friend at school this week?
3. Look at your drawing. Which feature represents your own personal strength or 'resilience'? Explain why.
4. Label your drawing with at least four words from the word bank provided.

5. If you could invite one person to your garden to help you feel supported, who would it be and why?