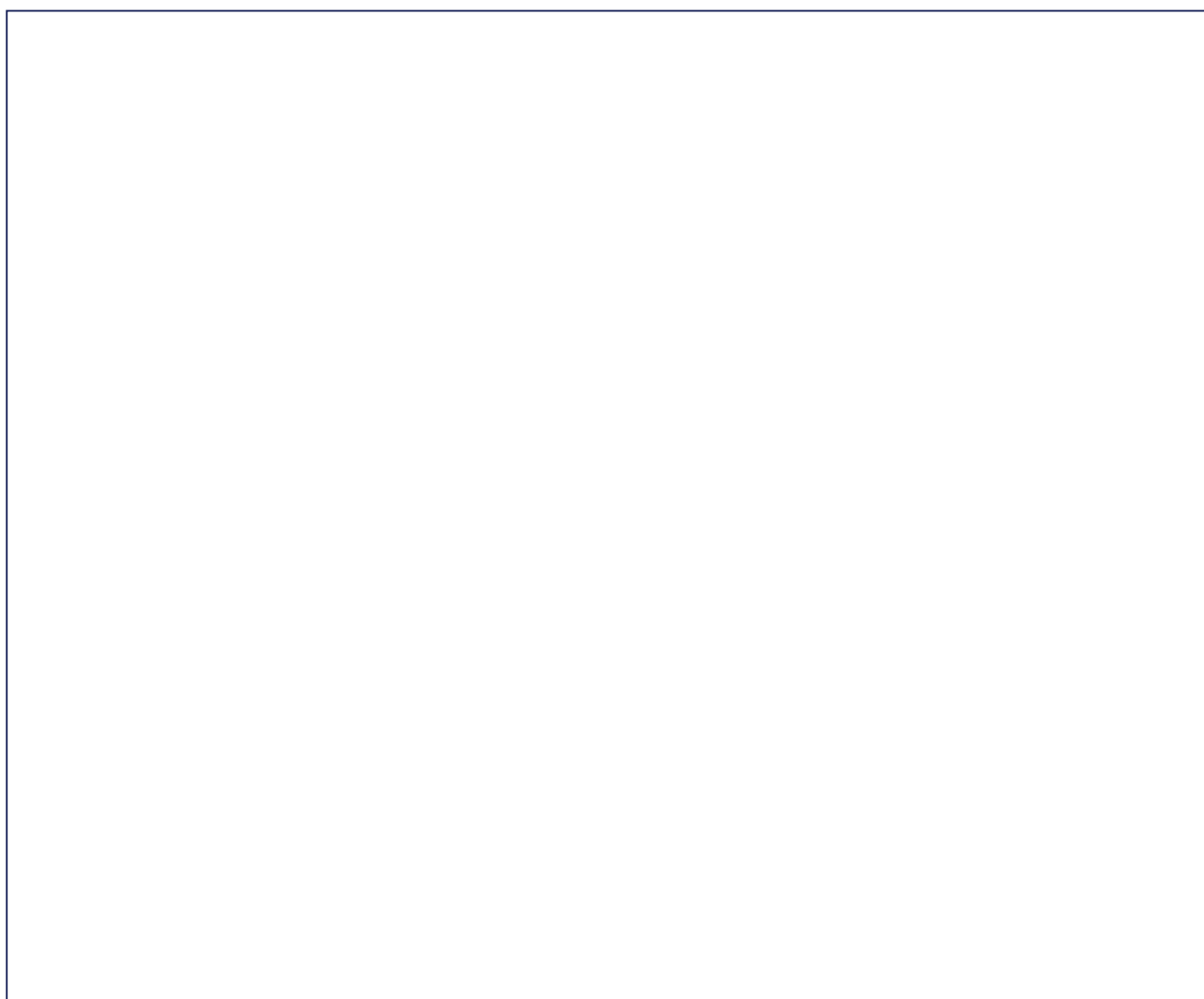


My Inner Garden: A Mental Health Reflection

Learning objective: To understand that mental wellbeing is like a garden that needs nurturing, identifying personal strategies for emotional regulation and positive self-talk.

Use this sheet to create a visual map of your emotional wellbeing. Think of your mind as a garden that you look after. Draw the elements of your 'Inner Garden' below, using the word bank to help you label your drawing. Think about what helps you grow, what gives you shade when things are difficult, and who helps you tend to your plants.

Draw: Create a vibrant, detailed landscape of an 'Inner Garden'. Use a warm colour palette for your flowers to represent positivity. Ensure your drawing includes a sturdy tree (representing your roots/values), a winding path (your journey), and a clear space for your 'Support Network' (perhaps represented by friendly garden creatures like Bea the bee or Leo the lion). Use a thoughtful, illustrative style like a nature journal entry.



Label words: Resilience · Mindfulness · Support Network · Self-Compassion · Kindness · Calmness · Growth · Boundaries

Steps:

1. Step 1: Draw a large tree in the centre of your page. Label the roots as the things that make you feel grounded (e.g., family, hobbies).

2. Step 2: Draw colourful flowers around the tree. Label each flower with a 'positive thought' you can say to yourself when you feel worried or sad.
3. Step 3: Draw a path leading to a gate. Label this gate with a 'calm-down strategy' you use when you feel overwhelmed, such as deep breathing or counting to ten.
4. Explain why it is important to have a 'support network' when your garden feels like it is experiencing a storm. Who is in your support network?
5. Compare and contrast: How does 'self-compassion' act like sunshine for your mental health compared to 'negative self-talk' which acts like a weed?
6. Justify your answer: Why might setting personal 'boundaries' (like knowing when to take a break) be a vital part of keeping your Inner Garden healthy?