

Understanding Our Minds with Nova and Leo

Learning objective: To identify strategies to support mental wellbeing and recognise that mental health is a part of our overall health, just like physical health.

Read each question carefully and think about how you manage your emotions and look after your mind. Use the word bank to help you express your ideas clearly.

Nova the owl is an expert at observing the world from above, while Leo the lion knows that even the bravest leaders have days when they feel worried or overwhelmed. Together, they are exploring the importance of keeping our minds healthy. Just like we need exercise and nutritious food for our bodies, we need positive habits and kind thoughts to keep our minds happy and strong.

Word bank: Resilience · Mindfulness · Wellbeing · Empathy · Communication · Self-regulation · Support network · Perspective

1. Nova explains that 'resilience' is our ability to bounce back after a tough day. Describe a scenario where someone might need to use resilience and explain why it is an important quality to develop. (2 marks)

2. Leo suggests that talking about our feelings is a sign of strength. Compare and contrast keeping worries inside versus sharing them with a trusted adult. What might happen if we choose not to communicate our feelings? (3 marks)

3. Justify why 'mindfulness' (taking a moment to focus on our breathing or the present) might help someone who is feeling anxious before a big maths test or a school performance. (2 marks)

4. Identify three people or activities in your personal 'support network' that help you feel calm and happy. Explain why these specific choices work for you. (3 marks)

5. If a friend is having a difficult day, how could you use empathy to support them? Give a specific example of what you might say or do. (2 marks)

Draw: Draw a 'Wellbeing Garden'. In your garden, draw objects or symbols that represent things that keep your mind healthy (e.g., a book for reading, a pair of trainers for running, or a heart for kindness). Label each item with why it helps you.



Extension challenge: Nova asks: 'If we view our mental health like a battery, what are the 'chargers' that give you energy, and what are the 'drains' that use up your energy?' Create a table to categorise your findings and write a short paragraph suggesting how you could balance these to maintain a positive mindset.