

My Inner Garden: Understanding Mental Health

Learning objective: To identify and express different emotions and understand that our mental health is something we can nurture and care for.

Today, we are going to use our creativity to explore how we feel. Just like a garden needs water, sunlight, and care to grow, our minds need positive habits and support to stay healthy. Use the space below to create your 'Inner Garden'. Follow the steps carefully and use the word bank to label your drawing.

Draw: Create a vibrant, colourful garden scene. In the centre, draw a strong, sturdy tree with deep roots. Surrounding the tree, draw various flowers, buzzing bees, and a bright, warm sun. Use bright colours for positive feelings and soft, gentle shapes for the overall layout. Ensure there is enough white space around the edges to add your labels from the word bank.



Label words: Resilience · Support · Calm · Joy · Kindness · Patience · Growth · Well-being

Steps:

1. Step 1: Draw a large, healthy tree in the centre of your page. Label the roots as 'Support' (people who help you). Write down two people who support you near the roots.
2. Step 2: Draw some flowers around your tree. Label each flower with an emotion you feel when you are happy or calm.

3. Step 3: Draw a sun shining above your tree. Write one thing you do to look after your mental health (e.g., exercise, reading, talking to a friend) inside the sun.
4. Step 4: Imagine a small cloud. Inside the cloud, draw or write about a challenge you have faced recently. How did you show resilience to get through it?
5. Step 5: Why is it important to talk to someone you trust when you are feeling worried or sad? Use one word from the word bank in your answer.