

My Wellbeing Garden: A Drawing Activity

Learning objective: To identify and illustrate personal strategies that support mental wellbeing and emotional health.

Use this sheet to design your own 'Wellbeing Garden'. Think about the things that help you feel calm, happy, and resilient. Draw these activities as plants, trees, or features in your garden space.

Draw: Draw a large, peaceful garden scene. In the centre, draw yourself sitting comfortably. Surrounding you, draw 'Wellbeing Flowers' where each petal represents something that makes you happy (e.g., reading, playing with friends, resting). Add a 'Resilience Tree' with strong roots, and label its branches with things that help you when you feel sad or stressed. Use a warm, vibrant colour palette to make the scene feel inviting and safe.



Label words: Resilience · Mindfulness · Gratitude · Support network · Self-care · Calmness · Empathy · Determination

Steps:

1. Identify three things you have drawn in your garden and explain how each one contributes to your personal wellbeing.
2. Compare and contrast your 'Wellbeing Garden' with a friend's garden. Why might different people need different 'plants' or activities to feel well?

3. Justify why it is important to have a 'Support Network' (people you trust) represented in your garden.
4. What might happen if you neglected your wellbeing garden for a long time? Explain your reasoning.
5. Label your drawing using at least four words from the word bank to show where different emotional strengths are planted.
6. If you could add one 'magical' element to your garden that instantly makes you feel calm, what would it be and why?