

Growing Your Wellbeing Garden with Nova and Leo

Nurture your mind, grow your kindness, and let your inner brilliance shine bright!

- **Why is it important to talk about our feelings with a trusted adult or friend?**
- **How can practising mindfulness or deep breathing help us when we feel overwhelmed?**
- **In what ways does physical activity, like playing outside, support our mental health?**
- **How can showing empathy towards others improve our own sense of belonging and happiness?**
- **Why is resilience, or the ability to 'bounce back' from mistakes, a vital part of growing up?**

Did you know? Did you know? Scientists have discovered that practising gratitude—taking a moment to think about things we are thankful for—can actually help our brains build stronger connections, making us feel more optimistic and better prepared to face new challenges!

Key vocabulary: Resilience · Mindfulness · Empathy · Gratitude · Self-regulation · Perspective