Understanding Our Feelings: A Guide with Nova the Owl

Learning objective: To understand that mental health is a part of our overall wellbeing and to identify strategies for managing complex emotions.

Read each question carefully. Use your knowledge of mental health and wellbeing to provide thoughtful answers. Remember, there is no right or wrong way to feel, but there are healthy ways to manage those feelings.

Nova the owl spends her nights watching the stars. She knows that just like the weather changes in the sky, our feelings change throughout the day. Sometimes we feel bright and sunny, and other times we feel like a stormy cloud. Looking after our mental health means noticing these changes and knowing who or what can help us feel balanced again.

Word bank: Resilience · Wellbeing · Empathy · Mindfulness · Support · Perspective · Self-care

1. Nova says that feelings are like the weather. Explain what this means in your own words. Why is it normal for our feelings to change? (2 marks)

2. Identify two people or groups of people you could talk to if you are feeling overwhelmed or worried. (2 marks)

3. Describe one 'mindfulness' or calming activity you can do when you feel a strong, difficult emotion like anger or sadness. (2 marks)

4. What does the term 'resilience' mean, and why is it helpful to have it when things do not go as planned? (3 marks)

5. If a friend is having a difficult day, how can you show them empathy? Give a specific example of something kind you could say or do. (2 marks)

Draw: Draw a 'Wellbeing Garden'. In your garden, draw flowers or trees that represent things that make you feel happy, calm, or safe (for example, a 'friendship flower' or a 'reading tree').

Extension challenge: Create a 'Mental Health Toolkit' list. Write down five things you can do to look after your own wellbeing when you are feeling stressed, such as listening to music, playing outside, or writing in a journal.