

# My Wellbeing Journal: Understanding Mental Health

*Learning objective: To identify factors that contribute to positive mental health and understand the importance of talking about our feelings.*

Use this writing frame to explore what makes you feel happy, calm, and supported. Think about how Max the monkey solves puzzles and how Leo the lion stays brave by expressing his feelings through poetry. Use the prompts below to structure your thoughts.

Just like physical health, our mental health is a journey that changes every day, and learning how to look after our minds is a vital skill for everyone.

*Word bank: Furthermore · On the other hand · Consequently · In addition · Resilience · Wellbeing · Positive · Supportive · Mindfulness · Perspective*

**1. What does 'mental health' mean to you? Start by explaining: Mental health is... (2 marks)**

---

---

---

**2. Identify three things that help you feel calm or happy when you are having a difficult day. Start by writing: When I feel overwhelmed, I find it helpful to... (3 marks)**

---

---

---

**3. Why is it important to share your feelings with a trusted adult? Start by writing: Sharing my feelings is important because... (2 marks)**

---

---

---

**4. Describe a way you can show kindness to a friend who might be struggling. Start by writing: To support a friend, I could... (2 marks)**

---

---

---

---

**5. How can practising mindfulness or taking a moment to breathe help your brain? Start by writing: Taking a moment for mindfulness helps me to... (2 marks)**

---

---

---

*Extension challenge: Write a short poem, inspired by Leo the lion, about a time you showed resilience or courage when facing a challenge. Use descriptive language to explain how you felt before and after you talked to someone about it.*