

Mindful Moments with Leo the Lion

Learning objective: To understand that mental health is a part of our overall wellbeing and to identify strategies for emotional regulation and seeking support.

Join Leo the Lion on a journey to understand our feelings. Read the questions carefully and choose the best answer. Remember, there is no right or wrong way to feel, but there are healthy ways to manage those feelings!

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.Talking, 6.B, 7.True, 8.D, 9.False, 10.True. Remember: Leo teaches us that it is brave to ask for help when our feelings feel too big to handle alone.

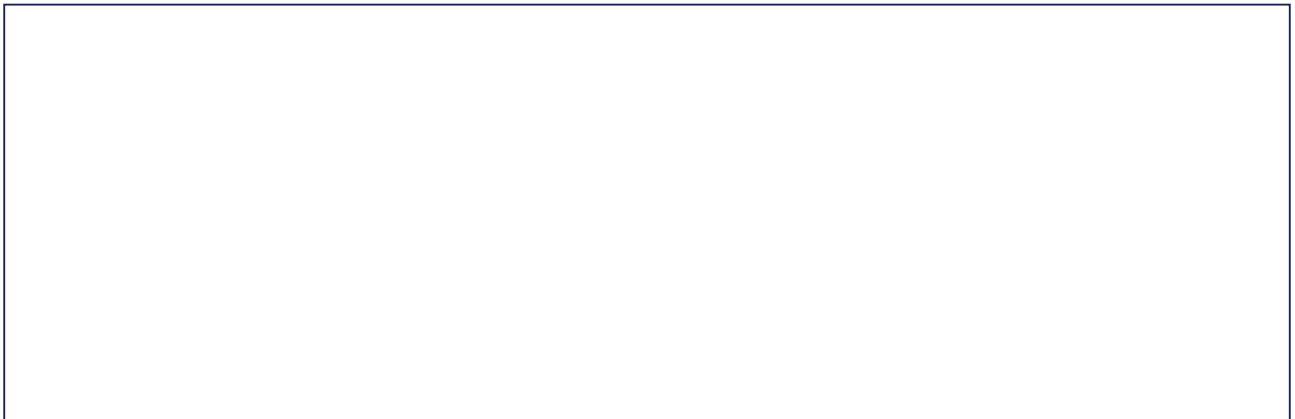
Word bank: Wellbeing · Resilience · Mindfulness · Empathy · Communication · Support · Perspective

1. **1. Leo the Lion says our mental health is like a garden. What does it need to grow? A) Only sunshine, B) To be left completely alone, C) Care, patience, and kindness*, D) Lots of money. (1 mark)**
2. **2. True or False: Mental health is just as important as physical health. (1 mark)**
3. **3. True or False: If you feel sad or worried, it means you have done something wrong. (1 mark)**
4. **4. Which of these is a helpful way to handle 'big' feelings? A) Taking slow, deep breaths*, B) Shouting at others, C) Keeping all your feelings inside, D) Skipping lunch. (1 mark)**
5. **5. What is the most important thing to do if a problem feels too big to solve by yourself? (1-word answer) (1 mark)**
6. **6. Why is it important to show empathy to your friends? A) So they give you presents, B) To understand how they feel and support them*, C) To make yourself look better, D) It is not important. (1 mark)**
7. **7. True or False: Mindfulness can help us feel calm when we are overwhelmed. (1 mark)**
8. **8. Who is a safe person to talk to if you feel upset? A) A trusted teacher, B) A parent or carer, C) A family member, D) All of the above*. (1 mark)**

9. 9. True or False: Only adults have mental health; children do not have it yet. (1 mark)

10. 10. True or False: Everyone experiences a range of emotions throughout their life. (1 mark)

Draw: Draw a 'Calm Corner' for Leo the Lion. Include three items that might help him feel relaxed, such as a soft cushion, a favourite book, or a picture of his friends.



Extension challenge: Greater Depth Challenges: 1. Explain why 'resilience' is a helpful trait when facing a difficult situation. 2. Compare and contrast how different people might react to the same stressful event. 3. Justify your answer: Why is it considered a sign of strength, not weakness, to ask for help? 4. What might happen if we never talked about our feelings? 5. Create a 'Mental Health Menu' listing five healthy activities that improve your mood. 6. How can your school environment be changed to better support the mental wellbeing of all students?