

# The Wellbeing Wellbeing Garden: Sorting Healthy Habits

*Learning objective: To understand the factors that contribute to mental and physical wellbeing and identify healthy coping strategies.*

Max the monkey is helping tend to the 'Wellbeing Garden'. Some items in the garden help us grow and feel happy, while others can make us feel overwhelmed or low. Look at the list of activities below and sort them into two categories: 'Growth Seeds' (habits that nourish our mental health) and 'Weeds' (habits that can negatively impact our wellbeing). For each, write a brief justification explaining why you placed it in that category.

*Word bank: Mindfulness · Constant screen time · Regular exercise · Talking to a trusted adult · Skipping meals · Getting enough sleep · Comparing yourself to others · Deep breathing*

**1. Choose one 'Growth Seed'. Explain why this activity is essential for maintaining a positive mindset and how it impacts your daily energy levels. (2 marks)**

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**2. Choose one 'Weed'. Justify why this habit might hinder a person's wellbeing and suggest a 'Growth Seed' alternative to replace it. (2 marks)**

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**3. Compare and contrast: How does physical exercise (like running or dancing) differ from mindfulness in how it helps our brain relax? (2 marks)**

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**4. What might happen if someone only focused on 'Growth Seeds' but forgot to ask for help when they were feeling sad? Justify your answer. (2 marks)**

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**5. If you had £5 to spend on a wellbeing activity (such as buying a sketchbook, a sports ball, or a healthy snack), which would you choose to boost your mood and why? (2 marks)**

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**6. Reflect on a time you felt overwhelmed. Which strategy from the 'Growth Seeds' would have been most effective, and why? (2 marks)**

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**Draw:** Draw a 'Wellbeing Tree'. On the roots, draw the things that keep you grounded (like sleep or healthy food). On the leaves, draw the things that make you happy (like reading, playing, or spending time with friends).



*Extension challenge: Design a 'Wellbeing Menu' for the school canteen. Create three healthy meal options and a 'Mindfulness Starter' that could help pupils feel calm and ready to learn before their afternoon lessons. Justify your choices by explaining how these foods and activities support brain function.*