

My Wellbeing Toolkit: Building Resilience and Happiness

Learning objective: To understand the factors that contribute to personal wellbeing and to develop strategies for managing emotions and maintaining a healthy balance.

Use this writing frame to reflect on what makes you feel happy, calm, and resilient. Use the word bank to help you develop your ideas in full sentences. Remember to justify your choices using 'because' and 'therefore'.

Wellbeing is like a vibrant garden; it requires consistent care, the right environment, and a little patience to flourish.

Word bank: furthermore · consequently · in addition to · resilience · mindfulness · perspective · emotional regulation · tranquillity · significantly · nevertheless

1. Identify three activities that promote your personal sense of tranquillity. Explain why these specific activities help you feel balanced. (3 marks)

2. Compare and contrast how you feel when you face a difficult challenge versus when you are relaxed. How does your mindset change? (3 marks)

3. Justify why it is important to share your feelings with a trusted adult or friend when you are experiencing a 'wobble' or a difficult day. (3 marks)

4. Describe a situation where you showed resilience. What might have happened if you had given up instead of persevering? (3 marks)

5. How do your physical health choices, such as sleep and exercise, influence your mental wellbeing? Explain the connection. (3 marks)

6. Create a 'Wellbeing Pledge'. What three promises will you make to yourself to ensure you look after your mental health this term? (3 marks)

Extension challenge: Imagine Nova the owl is feeling overwhelmed by the vastness of the night sky. Write a letter of advice from your perspective, using the vocabulary from this lesson to suggest how she can find calm and focus. Ensure you include at least two 'Greater Depth' questions for Nova to reflect upon.