

Nova's Wellbeing Constellation

Learning objective: To identify strategies to support mental wellbeing and understand how different activities contribute to a healthy, balanced lifestyle.

Nova the owl is mapping her 'Wellbeing Constellation'. Look at the list of activities below and sort them into two categories: 'Energy Boosters' (activities that help you feel refreshed, calm, or happy) and 'Growth Challenges' (activities that might feel tricky at first but help you build resilience and learn). Write each activity in the correct section of the star chart provided in the drawing prompt.

Word bank: Reading a book with Pip · Trying a new maths puzzle with Max · Taking deep, slow breaths · Practising a difficult dance routine · Talking to a friend about your feelings · Learning to play a new instrument · Spending time in nature · Helping a neighbour with their garden

1. Why is it important to have a balance of both 'Energy Boosters' and 'Growth Challenges' in your daily life? Explain your thoughts. (2 marks)

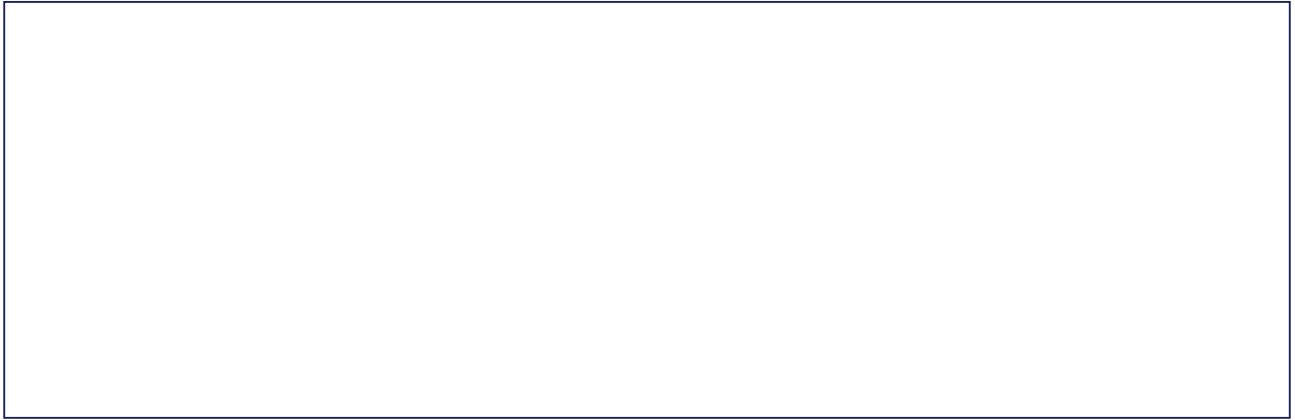
2. If you feel overwhelmed by a 'Growth Challenge', which 'Energy Booster' from the word bank could you use to help you feel calm again? (2 marks)

3. True or False: Wellbeing means that you must always feel happy and never feel worried. Explain your answer. (2 marks)

4. Max the monkey says: 'If I spend £5 on a new puzzle, it is definitely a Growth Challenge.' Is this always true? Why might a hobby be both a booster and a challenge? (2 marks)

5. Identify one activity not in the word bank that helps you feel calm and ready to learn. Why does it work for you? (2 marks)

Draw: Draw a large star in the centre of your page. Label the points of the star 'Energy Boosters' and the spaces between the points 'Growth Challenges'. Write the activities from the word bank in the section where you think they fit best. Decorate your constellation with small stars or patterns.



Extension challenge: Design a 'Wellbeing Menu' for the week. Choose three Energy Boosters and two Growth Challenges you would like to complete by next Friday to help keep your mind healthy and active.