

Finding Your Calm with Nova the Owl

Learning objective: To understand the importance of emotional wellbeing and identify strategies for managing feelings.

Read the text carefully and answer the questions below in full sentences.

Nova the barn owl spends her nights stargazing, but she knows that even the brightest stars need a quiet sky to shine. Nova explains that wellbeing is like a garden; it needs regular care to grow. Sometimes, we feel overwhelmed by big emotions, like a sudden storm. Nova suggests a simple strategy: find a tranquil space, take three deep breaths, and notice five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste. This is called grounding. It helps us feel steady again. Max the monkey often finds maths puzzles tricky, but when he feels frustrated, he uses this method to clear his head. Ellie the elephant remembers that it is perfectly normal to feel sad or worried sometimes. Talking to a trusted friend or adult can lift a heavy heart. Whether you are writing a poem like Leo the lion or simply taking a moment to sit quietly, looking after your mind is just as important as keeping your body healthy. By being kind to ourselves, we build the resilience to handle whatever the day brings.

Word bank: wellbeing · strategy · mindfulness · resilience · emotions · tranquil

1. According to the passage, what does Nova compare the state of wellbeing to? (2 marks)

2. What are the five steps of the 'grounding' strategy mentioned by Nova? (2 marks)

3. Why might Max the monkey use the grounding method even though he enjoys maths? (2 marks)

4. What does the phrase 'lift a heavy heart' suggest about the effect of talking to a friend? (2 marks)

5. Do you think it is important to take time for yourself when you are feeling stressed? Explain why using evidence from the text. (3 marks)

Draw: Draw a 'wellbeing garden' where each plant or flower represents a different way to look after your mental health, such as talking to a friend or taking deep breaths.



Extension challenge: Create a 'wellbeing toolkit' poster. List three activities you can do when you feel stressed and explain why they help you feel calm.