

Wellbeing Wonders with Max and Pip

Learning objective: To understand the importance of emotional wellbeing, healthy habits, and building positive relationships.

Read each question carefully. Choose the best answer for the multiple-choice questions, mark True or False for statements, or write a one-word answer for the final questions. Max the monkey and Pip the caterpillar are here to help you think about your own wellbeing!

Answer Key: 1.C, 2.True, 3.B, 4.False, 5.True, 6.Communication, 7.Resilience, 8.Sleep, 9.A, 10.True

Word bank: Resilience · Empathy · Mindfulness · Exercise · Sleep · Communication · Balance

1. **1. Max is feeling a bit overwhelmed by his maths puzzles. What is the best way to practise 'mindfulness' to help him calm down? A) Running as fast as he can, B) Eating a giant cake, C) Taking deep breaths and focusing on the present moment, D) Ignoring the work forever. (1 mark) (1 mark)**

2. **2. True or False: Talking to a trusted adult about your worries is a great way to look after your mental health. (1 mark) (1 mark)**

3. **3. Pip the caterpillar has had a long day reading. How many hours of sleep is generally recommended for a 9-10 year old? A) 4-6 hours, B) 9-11 hours, C) 1-2 hours, D) 15-16 hours. (1 mark) (1 mark)**

4. **4. True or False: Being a good friend means you must always agree with everything your friends say, even if it makes you feel uncomfortable. (1 mark) (1 mark)**

5. **5. True or False: Physical activity, like walking or playing games, can help improve your mood and wellbeing. (1 mark) (1 mark)**

6. **6. What is the word for sharing your thoughts and feelings clearly and kindly with others? (1 mark) (1 mark)**

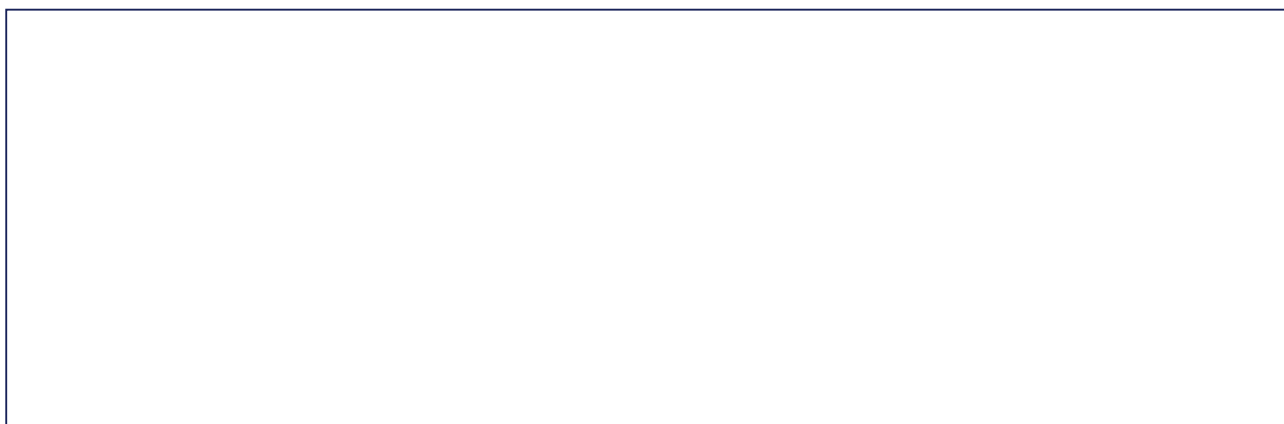
7. **7. What do we call the ability to 'bounce back' after something difficult happens? (1 mark) (1 mark)**

8. **8. Which basic human need helps your brain process the day's learning and keeps you feeling refreshed? (1 mark) (1 mark)**

9. 9. If you see someone sitting alone at lunch, what is the kindest thing to do? A) Invite them to join your group, B) Pretend you didn't see them, C) Tell everyone else to ignore them, D) Wait for someone else to act. (1 mark) (1 mark)

10. 10. True or False: It is normal to experience a range of emotions, including sadness or frustration, throughout the week. (1 mark) (1 mark)

Draw: Draw a 'Wellbeing Garden'. In the centre, draw yourself, and around you, draw things that help you feel happy and calm, such as your favourite hobby, a friend, or a peaceful place in nature.



Extension challenge: Write a short 'Wellbeing Recipe' for Max the monkey. List three ingredients he needs to have a great week (e.g., 'One cup of fresh air' or 'Three spoonfuls of kindness').