

My Wellbeing Toolkit with Nova and Leo

Learning objective: To identify strategies that support mental wellbeing and understand how to manage emotions and maintain a balanced lifestyle.

Use this template to create your own personal wellbeing plan. Think about the things that help you feel calm, happy, and resilient. You can use the word bank to help you describe your feelings and activities. When you have finished, share your ideas with a partner to see if you can learn new ways to look after your own wellbeing.

Word bank: mindfulness · resilience · gratitude · balanced · calm · socialising · reflection · positivity · exercise · relaxation

1. My Happy Place: Describe a place or an activity that helps you feel calm and relaxed. Why does this help you? (2 marks)

2. The Positivity List: Nova the owl suggests focusing on the good things. Write down three things you are grateful for today and explain why. (3 marks)

3. Facing Challenges: Leo the lion suggests that even brave leaders feel worried sometimes. Write down one thing you find tricky and a strategy you could use to handle it. (2 marks)

4. Healthy Habits: List two physical activities you enjoy and explain how moving your body helps your mental wellbeing. (2 marks)

5. Supporting Others: How can you show kindness to a friend or family member this week to help their wellbeing? (2 marks)

Extension challenge: Create a 'Wellbeing Jar' label. On a piece of paper, design a label for a jar where you will write down one positive moment from your day every evening for the next week.