

My Wellbeing Journey with Nova the Owl

Learning objective: To identify strategies that support mental wellbeing and explain how to maintain a healthy, balanced lifestyle.

Use this writing frame to reflect on your own wellbeing. Think about the things that make you feel happy, calm, and healthy. Use the word bank to help connect your ideas.

Wellbeing is about how we feel inside and how we look after our minds and bodies every single day.

Word bank: furthermore · consequently · in addition · on the other hand · specifically · for instance · nevertheless · most importantly

1. Physical Health: Nova the owl stays healthy by flying and eating well. What activities do you do to keep your body active and how does this make you feel? (2 marks)

2. Emotional Balance: Everyone has different emotions. Describe a time you felt a big emotion and what helpful strategy you used to manage it effectively. (2 marks)

3. Support Networks: Who are the trusted people in your life that you can talk to when you are worried, and why is sharing your thoughts important? (2 marks)

4. Rest and Relaxation: Why is it important to take time away from screens and busy schedules to rest your mind, and what do you enjoy doing to relax? (2 marks)

5. Personal Wellbeing Plan: If you were to create a 'Wellbeing Kit' for a friend, what three things would you include to help them feel supported and happy? (2 marks)

Extension challenge: Write a short poem, in the style of Leo the Lion, about the importance of being kind to yourself when you find things difficult.