

Understanding Our Feelings with Leo the Lion

Learning objective: To recognize that everyone has different feelings and to identify healthy strategies for managing emotions.

Read the passage carefully about Leo the Lion and answer the questions below in full sentences. Remember to justify your opinions where asked.

Leo the Lion is known for his bravery in leading group adventures through the forest, but even a brave leader has days when he feels overwhelmed. Sometimes, the pressure of keeping everyone safe makes Leo feel anxious or tired. Leo has learned that mental well-being is just as important as physical health. When he feels sad or worried, he doesn't hide it away. Instead, he uses his favorite strategy: he finds a quiet spot under the ancient oak tree to practice deep breathing and write poetry. By putting his thoughts onto paper, he clears his mind. Leo also knows that talking to friends like Nova the Owl helps him feel lighter. He understands that having a range of emotions is a natural part of being alive. Just as a forest needs both sunshine and rain to grow, humans and animals alike need to experience different feelings to stay balanced. Leo encourages his friends to be kind to themselves and to remember that it is always okay to ask for help when the weight of the world feels a little too heavy to carry alone.

Word bank: resilient · emotions · well-being · mindfulness · strategy · supportive

1. What are the two specific activities Leo uses to help himself when he feels overwhelmed? (2 marks) (2 marks)

2. According to the text, why does Leo choose to talk to Nova the Owl? (1 mark) (1 mark)

3. What does the author mean when they say, 'a forest needs both sunshine and rain to grow'? (2 marks) (2 marks)

4. Why might Leo still be considered 'brave' even when he feels anxious or sad? (2 marks) (2 marks)

5. Do you agree that writing down your thoughts is a good way to manage emotions? Justify your answer. (3 marks) (3 marks)

Draw: Draw a picture of Leo the Lion in his 'quiet spot' under the oak tree, showing the tools or items he uses to help him feel calm.



Extension challenge: Compare and contrast Leo's method of dealing with worry with your own. If you were a mentor to a younger student, what three pieces of advice would you give them to support their mental well-being? Justify why these three strategies would be effective.