

Growing Your Inner Garden: A Guide to Wellbeing

Nurture your mind, grow your kindness, and let your happiness bloom!

- **Mental health is about how we think, feel, and act. Just as our physical health changes, our moods can shift throughout the day, and that is a perfectly natural part of being human.**
- **Practising mindfulness helps us to stay calm. Taking a moment to notice our breathing or the sounds around us can act like a reset button for a busy, tired mind.**
- **Talking about our feelings is a sign of great strength. When we share our worries with a trusted adult, it is like lifting a heavy backpack off our shoulders.**
- **Kindness acts as a bridge between people. When we show empathy to others, we not only help them feel better, but we also boost our own sense of happiness and belonging.**
- **Resilience is the ability to bounce back after a challenge. Making a mistake isn't the end of the story; it is a valuable lesson that helps us grow stronger for the next adventure.**

Did you know? Did you know? Just like a plant needs sunlight and water to grow, your brain needs 'social nutrients'—like talking to friends, getting enough sleep, and spending time outdoors—to stay healthy and strong!

Key vocabulary: Resilience · Mindfulness · Wellbeing · Empathy · Regulation · Perspective