

My Wellbeing Toolkit: A Personal Fact-File

Learning objective: To identify personal strategies for maintaining mental health and emotional wellbeing, as per the Grade 3 PSHE curriculum.

Use this fact-file to explore your own emotions and build a 'toolkit' of healthy habits. Think carefully about what helps you feel calm, confident, and connected to others. Write your answers in the boxes provided to build a profile of your unique wellbeing needs.

Word bank: resilience · mindfulness · empathy · wellbeing · strategy · calm · support · gratitude · connection · perspective

1. My Calm Zone: Describe a specific activity or environment that helps you feel relaxed when you are feeling overwhelmed. Explain why this works for you. (2 marks)

2. The Positivity Loop: Identify three things you are grateful for today. How does focusing on these things change your outlook on your day? (2 marks)

3. Support Network: List the people you can talk to when you have a big feeling. Justify why it is important to communicate your emotions to others. (2 marks)

4. Resilience Reflections: Think of a time you found something difficult. Compare how you felt at the start of the challenge to how you felt once you had persevered. What did you learn about yourself? (3 marks)

5. Healthy Habits: Explain why maintaining a balance between physical activity, rest, and learning is vital for a healthy mind. (2 marks)

6. What might happen if someone kept all their worries inside instead of sharing them? Suggest a strategy for how they could start to open up. (3 marks)

Extension challenge: Imagine you are advising Nova the Owl on how to stay happy during a long, dark winter. Write a short 'Wellbeing Letter' to her, suggesting three original strategies she could use to keep her mind healthy and bright, using at least four words from our word bank.