

My Wellbeing Toolkit with Leo the Lion

Learning objective: To identify strategies to support mental health and understand that everyone has feelings that can change over time.

Leo the Lion is preparing for a big adventure, but he knows that even a brave leader needs to look after his mental wellbeing. Sort the following actions into two categories: 'Helpful for my Wellbeing' and 'Things to Talk to an Adult About'. Write the letter of each action in the correct column on your sheet.

Word bank: Deep breathing · Talking to a trusted adult · Getting enough sleep · Spending time in nature · Feeling worried for a long time · Eating a balanced diet · Feeling sad or angry without knowing why · Writing down thoughts in a journal

1. A: Deep breathing (1 mark)

2. B: Feeling worried for a long time (1 mark)

3. C: Getting enough sleep (1 mark)

4. D: Feeling sad or angry without knowing why (1 mark)

5. E: Writing down thoughts in a journal (1 mark)

6. Explain why it is important to talk to a trusted adult if you have been feeling low or anxious for a long period of time. (2 marks)

Draw: Draw a 'Wellbeing Garden' for Leo the Lion. Inside each flower, draw or write one thing that makes you feel happy, calm, or safe (for example, a favorite book, a hobby, or a special person).



Extension challenge: Leo the Lion wants to write a poem about his feelings. Write a four-line poem where each line starts with a different emotion (e.g., 'Happy when the sun shines', 'Calm when I read a book').