

Nurturing Our Inner Wellbeing

Learning objective: To understand how to recognize, express, and manage a range of emotions, and to identify strategies for maintaining positive mental health.

Read each question carefully and use your knowledge of emotions and resilience to provide thoughtful, reflective answers. Refer to the word bank if you need help finding the right vocabulary.

Wellbeing is about how we feel inside and how we cope with the daily challenges of life. Just like physical health, our mental wellbeing requires regular care and attention. By understanding our emotions, we can build the strength to navigate difficult situations with a calm and positive mindset.

Word bank: resilience · mindfulness · gratitude · empathy · self-regulation · perspective · wellbeing · comfort

1. Max the monkey is feeling overwhelmed because his math puzzle is too difficult today. Suggest two specific strategies Max could use to practice self-regulation and explain why they might help him feel calmer. (2 marks)

2. Define the word 'resilience' in your own words. Why is resilience considered a vital skill for your wellbeing when you encounter a setback at school? (2 marks)

3. Zara the zebra suggests that practising 'gratitude' can improve our mood. Identify three things you are grateful for today and justify how focusing on these can shift your perspective during a bad day. (3 marks)

4. Compare and contrast 'feeling sad' with 'feeling lonely'. How might a person's needs differ depending on which of these emotions they are experiencing? (4 marks)

5. If a friend is struggling with their emotions, explain why 'empathy' is more helpful than simply telling them to 'cheer up'. (2 marks)

6. What might happen if we ignored our difficult emotions instead of acknowledging them? Predict the long-term impact this could have on a person's wellbeing. (3 marks)

Draw: Draw a 'Wellbeing Garden'. In each flower, write or draw one activity, person, or thought that helps your mind feel peaceful and happy.



Extension challenge: Design a 'Wellbeing Toolkit' for a Grade 3 pupil. Write a short manual explaining how to use each item in the kit to manage stress, including a section on when it is appropriate to seek help from a trusted adult.