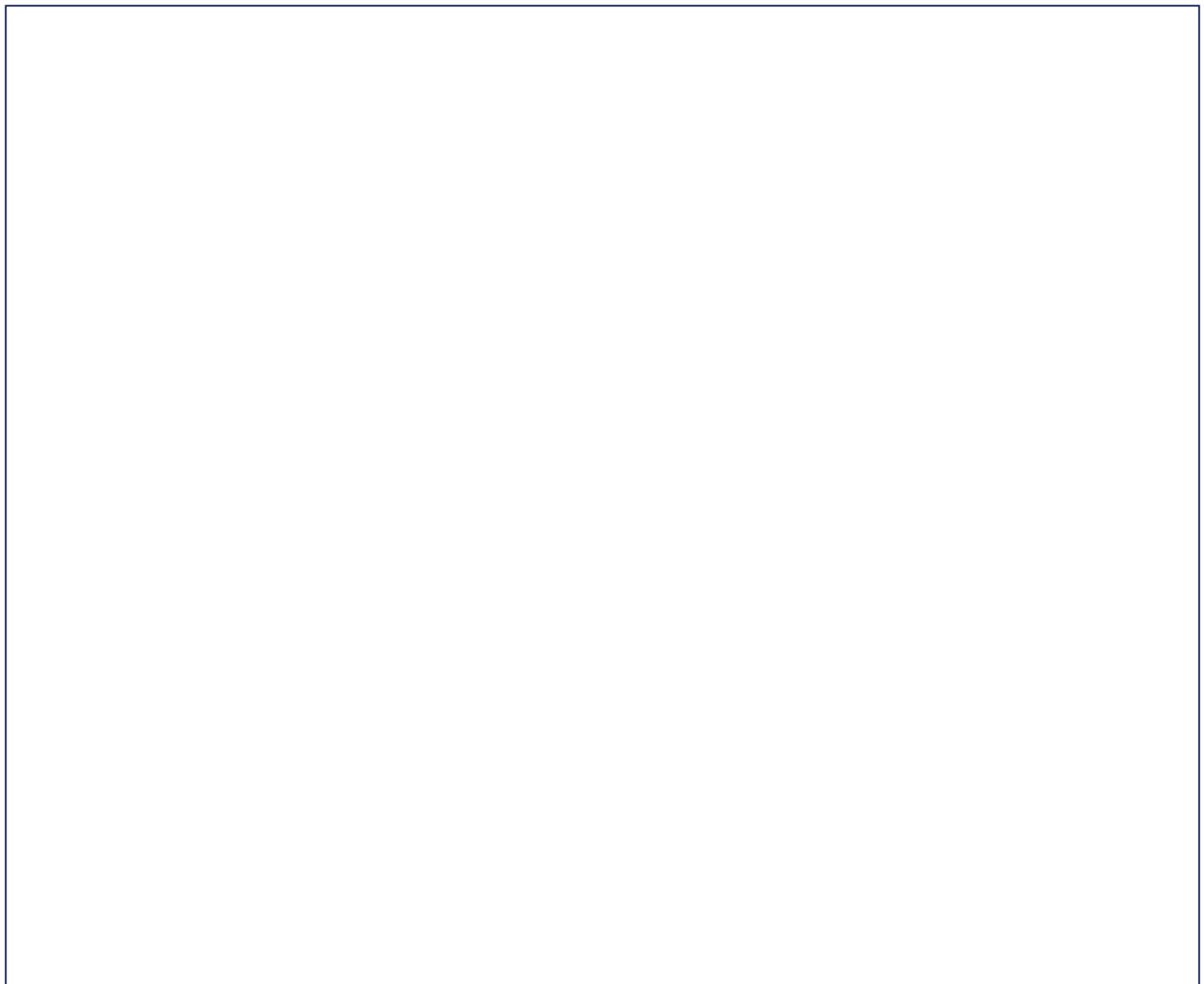


My Wellbeing Garden: A Drawing Activity

Learning objective: To identify factors that contribute to positive mental health and personal wellbeing by creating a symbolic garden.

Use your imagination to design a garden that represents your own wellbeing. Think about the people, activities, and feelings that help you feel happy, calm, and supported. Use the drawing prompt and the word bank to help you build your scene.

Draw: Draw a large, flourishing garden. In the center, draw a big tree representing 'Growth'. Use the roots of the tree to label the people or things that support you. Draw flowers to represent different 'Self-Care' activities, such as reading, playing sport, or listening to music. Add a path leading through the garden labelled 'Resilience' to show the journey of overcoming challenges. Use bright colors and patterns inspired by Zara the zebra to make your garden feel vibrant and welcoming.



Label words: Supportive Roots · Growth · Kindness · Resilience · Friendship · Calm · Goal Setting · Self-Care

Steps:

1. Identify two 'Supportive Roots' for your garden. Who or what provides you with the stability and support you need when you are having a difficult day?
2. Label your drawing with the word 'Resilience'. Explain in one sentence what resilience means to you in

your own life.

3. Think about 'Self-Care'. List three activities you can do in your garden (or real life) that help you to feel calm when you are stressed.

4. Why is it important to share your 'Wellbeing Garden' with friends or family? How does talking about your feelings help?

5. Choose one plant in your drawing and label it 'Goal Setting'. Describe a small, achievable goal you are working towards at school or at home.