

Finding Your Balance: A Wellbeing Worksheet

Learning objective: To identify strategies for maintaining positive mental health and understand the importance of identifying and expressing emotions.

Read each question carefully and use your knowledge of wellbeing to provide thoughtful answers. Remember to use the word bank to help you express your ideas clearly.

Word bank: resilience · mindfulness · empathy · strategy · self-care · perspective · gratitude

1. Max the monkey is feeling overwhelmed because his math puzzle is too difficult. Suggest two specific self-care strategies he could use to help him feel calm and ready to try again. (2 marks)

2. Nova the owl tells you that she feels sad when she makes a mistake during her stargazing. Explain why it is important to express these feelings rather than keeping them hidden. (2 marks)

3. Pip the caterpillar is worried about a big change coming up. How can practising 'gratitude' change a person's perspective on a difficult situation? (2 marks)

4. Ellie the elephant wants to support a friend who is having a bad day. Describe what 'empathy' means and how Ellie could show it to her friend. (2 marks)

5. Create a simple 'Wellbeing Plan' for your week. List three healthy activities you could do that would help you feel happy and relaxed. (3 marks)

Draw: Draw a 'Wellbeing Garden' where every flower or tree represents a different thing that makes you feel happy, safe, or calm (for example, a 'Reading Rose' for books or a 'Friendship Tree' for playing with others).



Extension challenge: Write a short poem or a positive affirmation that you could say to yourself when you are facing a challenge, just like Leo the lion does to stay brave.