Feeling Good with Leo the Lion

Learning objective: To understand how to look after our mental health and recognise feelings.

Read the sentences carefully. Choose the best answer. You can use the word bank to help you.

Answer Key: 1. A, 2. True, 3. Talk, 4. B, 5. True, 6. Kind, 7. C, 8. False, 9. Rest, 10. True.

Word bank: happy · sad · talk · kind · rest · healthy · friends · feelings

1. 1. Leo the Lion feels happy today. Which of these is a good way to show you are feeling happy? A) Smiling* B) Frowning C) Hiding (1 mark)

2. 2. True or False: It is normal to have different feelings like sad, angry, or excited. (1 mark)

3. 3. If you are feeling worried, who is it good to _____ to? (Use the word bank) (1 mark)

4. 4. How can you be a good friend? A) Being mean B) Being kind* C) Not sharing (1 mark)

5. 5. True or False: Eating healthy food and playing outside helps your mind feel better. (1 mark)

6. 6. Fill in the blank: Treating others with _____ helps everyone feel safe. (1 mark)

7. 7. When you feel tired, what should you do? A) Run fast B) Shout C) Get some rest* (1 mark)

8. 8. True or False: You should keep all your feelings inside and never tell anyone. (1 mark)

9. 9. If your brain feels busy and loud, a short _____ can help you feel calm. (1 mark)

10. 10. True or False: We can help our friends by listening to them. (1 mark)

Draw: Draw a picture of Leo the Lion doing something that makes him feel calm and happy, like reading a book under a tree.

Extension challenge: Write one sentence about something that makes you feel happy.