

Taking Care of Our Wellbeing

Learning objective: To understand what wellbeing is and how we can look after our feelings.

Read the story about Max the monkey. Then, answer the questions below. Use the word bank to help you write your answers.

Max the monkey loves to solve maths puzzles. One day, Max felt very tired and a bit sad. He found it hard to focus on his numbers. His friend, Pip the caterpillar, came to visit. Pip told Max that looking after his wellbeing is just as important as solving sums. Wellbeing means keeping our minds and bodies healthy.

Pip suggested that Max take a break. They went for a short walk in the sunshine to get some exercise. Then, they sat quietly under a big oak tree to rest. Max took deep breaths and felt his heart go slow and steady. He realised that being calm helped his brain work better.

Max learned that talking about his feelings makes him feel lighter. Being kind to himself and taking time to play helped him feel happy again. Now, Max knows that if he feels worried or tired, he should tell a friend, drink some water, and have a good rest. Looking after his wellbeing helps Max stay ready for his next big adventure.

Word bank: wellbeing · feelings · healthy · exercise · rest · kindness · calm

1. 1. According to the text, what does the word 'wellbeing' mean? (Literal) (2 marks)

2. 2. List two things Max did to help himself feel better. (Literal) (2 marks)

3. 3. Why did Max find it hard to do his maths puzzles at the start of the story? (Inferential) (2 marks)

4. 4. How do you think Max felt after he spoke to Pip? (Inferential) (2 marks)

**5. 5. Why is it important to take a break when you are feeling tired? Give one reason.
(Evaluative) (2 marks)**

Draw: Draw a picture of Max the monkey and Pip the caterpillar doing something that makes them feel happy and calm.



Extension challenge: Think of one thing you enjoy doing to look after your own wellbeing. Write one sentence about why it makes you feel good.