

Wellbeing Flashcards with Nova the Owl

Learning objective: To identify ways to look after our mental and physical wellbeing.

Read the front of the card. Think about how Nova the Owl might answer. Then, look at the back of the card to check your ideas! Use the word bank to help you.

What should you do if you have big or worried feelings?

Talk to a trusted adult and share your Feelings.

How much sleep do you need each night to stay healthy?

Between 9 and 11 hours of good Sleep.

What is a good way to be kind to your body every day?

Eat Healthy food and drink plenty of water.

Why is it important to play outside or move your body?

Because regular Exercise makes us feel happy and strong.

How can you show you are a good friend?

By being Kind and listening to others.

What can you do when you feel very busy or stressed?

Take time to Rest and find a quiet space to be Calm.

Who can help you if you are feeling sad?

A teacher, a parent, or a friend can offer Help.

What should you drink to keep your brain and body working well?

Water is the best drink for your body.

Is it okay to have different moods?

Yes, it is normal to have many different Feelings.

Why do we need to take breaks during the school day?

To help our brains Rest and get ready to learn more.