Nova’s Guide to a Happy Mind

Be a Wellbeing Hero! Keep your mind bright and your heart light.

- **Being kind to yourself is just as important as being kind to your friends.**
- **Eating healthy snacks and drinking plenty of water gives your body the energy it needs to feel good.**
- **It is okay to have big feelings. Talking to a trusted adult can help you feel much better.**
- **Getting enough sleep at night helps your mind grow and helps you feel happy in the morning.**
- **Doing things you love, like drawing or reading, is a great way to look after your wellbeing.**

Did you know? Did you know? Even wise owls like Nova need to rest their wings! Taking time to sit quietly and breathe deeply helps your brain stay calm and ready to learn new things every day.

Key vocabulary: Wellbeing · Kindness · Feelings · Healthy · Rest · Support