

My Wellbeing Diary with Max the Monkey

Learning objective: To identify ways to look after our mental wellbeing and recognise things that make us feel happy and calm.

Max the Monkey loves to solve puzzles, and he thinks the best puzzle is how to keep his mind and body feeling great! Read each question below. Think about your own feelings and write your answers in the boxes. Use the word bank if you need help spelling.

Word bank: calm · happy · kindness · exercise · friends · rest · breathe · proud · feelings

1. My Happy Place: Think of a place where you feel safe and relaxed. Where is it and what does it look like?

2. Things That Help: Max suggests we find things that make us feel better when we are sad. List three things that help you feel happy.

3. Kindness Matters: How can you show kindness to yourself or a friend today?

4. My Calm Breath: When I feel worried, I can take a deep breath. How does my body feel after I take a slow, deep breath?

Extension challenge: Draw a picture of yourself doing your favourite activity that makes you feel good inside.