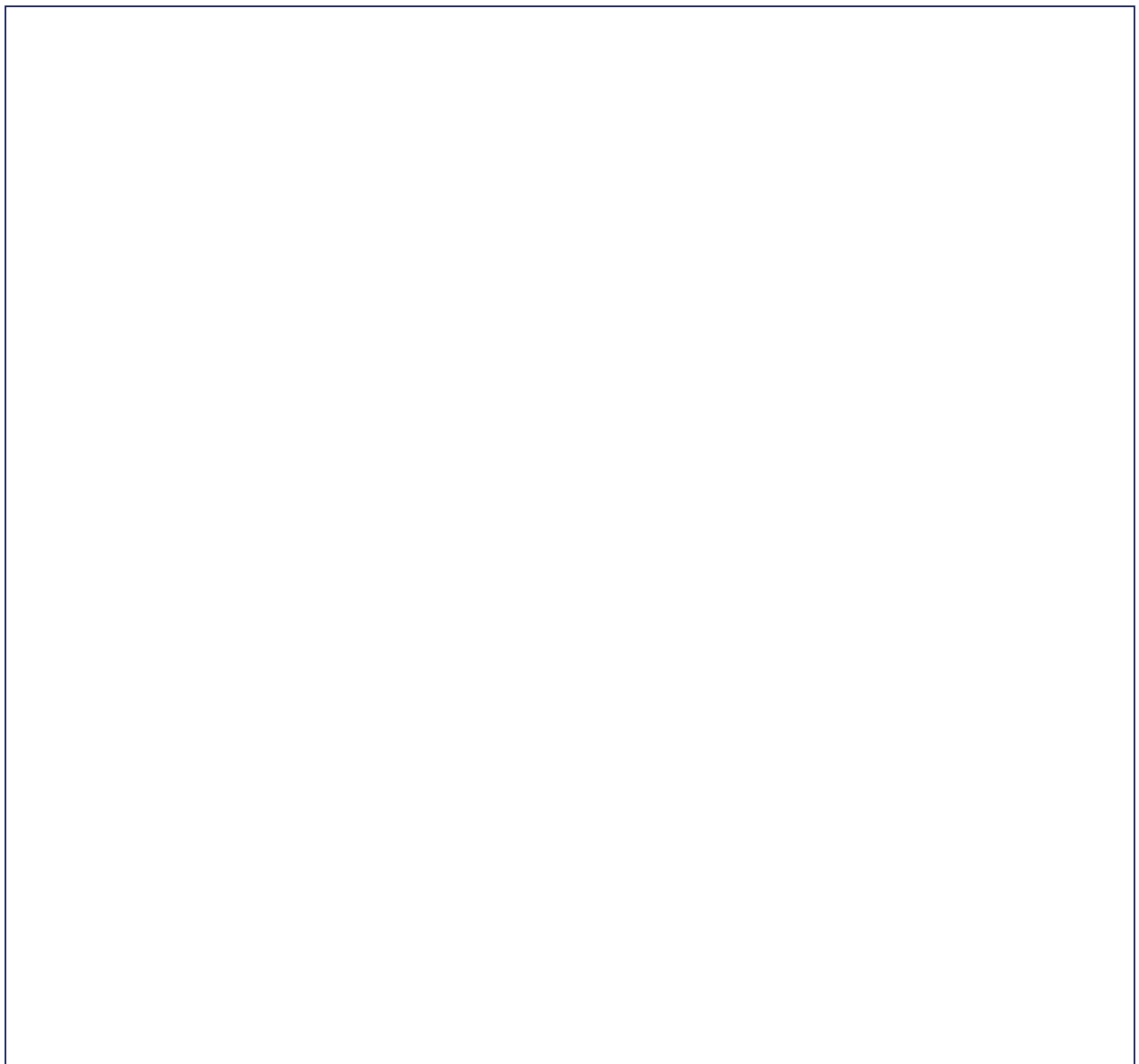


My Happy Wellbeing Garden

Learning objective: To identify and discuss feelings, and understand simple ways to look after our own wellbeing.

Colour in the picture of Leo the Lion relaxing in his garden. Think about what makes you feel calm and happy while you colour. Once you have finished, use the labels to identify the things that help Leo feel good.

Colour this: A large, friendly, gentle lion named Leo sitting peacefully on a patch of soft grass in a sunny garden. Leo is wearing a comfortable jumper and has a soft, kind smile. Beside him is a large, leafy oak tree providing shade. There are various flowers of different shapes and sizes (tulips, daisies, and sunflowers) surrounding him. A small, friendly butterfly is hovering near his nose. The lines should be thick and bold, suitable for young children to colour within. Include a small, clear space at the bottom for writing labels.



Steps:

1. Label the tree that is giving Leo some lovely shade.
2. Label the flower that shows something beautiful in nature.