My Happy Heart: A Wellbeing Guide with Leo the Lion

Be a Brave Heart: Shine Bright and Feel Good!

- **Being kind to yourself means using gentle words when you talk about what you can do.**
- **Sharing your feelings with a trusted grown-up helps your worries feel much smaller.**
- **Taking time to play outside in the fresh air makes our bodies and our minds feel strong.**
- **Resting when we are tired is a wonderful way to look after our wellbeing.**
- **Helping a friend is a lovely way to spread joy and feel connected to others.**
- **It is okay to have all kinds of feelings, from very happy to a little bit grumpy.**

Did you know? Did you know? Even the bravest lions sometimes feel sad or worried. When Leo the Lion feels big feelings, he takes three slow, deep breaths to help his heart feel calm again!

Key vocabulary: kindness · feelings · calm · breathe · friendship · happy