My Wellbeing Diary: A Day with Nova

Learning objective: To identify and express feelings, recognise what makes us happy, and understand the importance of looking after our wellbeing.

Help Nova the owl explore her feelings today. Read each section and write or draw about your own day. Remember, it is okay to have all sorts of feelings, and talking about them helps us grow!

Word bank: happy · calm · proud · excited · kind · safe · loved · brave

1. Nova feels happy when she sees the stars. What is one thing that makes you feel happy? (2 marks)

2. Sometimes we feel sad or worried. Who is one person you can talk to when you have big feelings? (2 marks)

3. Being kind to ourselves is important. What is one thing you are good at or proud of? (2 marks)

4. What is one way you can be kind to a friend at school today? (2 marks)

5. When you feel upset, what helps you feel calm again? (e.g., deep breaths, a hug, or a quiet space) (2 marks)

Extension challenge: Draw a picture in the space below showing yourself doing your favourite activity that makes you feel peaceful and happy.