

Understanding Our Inner World: A Guide to Wellbeing

Learning objective: To understand the importance of mental health and identify strategies to support emotional wellbeing.

Read the passage carefully, then answer the questions below. Use the word bank to help you understand key vocabulary.

Mental health is just as vital as physical health. It encompasses how we think, feel, and interact with the world. Everyone experiences a spectrum of emotions, ranging from immense joy to deep sadness or frustration. When Nova the owl feels overwhelmed by the complexity of the night sky, she practices mindfulness by focusing on the rhythmic sound of her own breathing. This helps her regain a sense of calm.

Similarly, Leo the lion understands that showing vulnerability is not a weakness, but a sign of courage. When he feels anxious about leading an expedition, he speaks to a trusted friend. Expressing these feelings allows him to gain a new perspective, making his worries seem more manageable. Building resilience—the ability to recover from challenges—is a lifelong journey. It involves acknowledging that it is perfectly normal to have difficult days. By prioritising self-care, such as getting enough rest, engaging in creative hobbies, or simply talking through problems, we nurture our mental wellbeing. Remember, you do not have to navigate your emotions alone; reaching out for support is a proactive step towards a healthier, happier you.

Word bank: Resilience · Wellbeing · Perspective · Mindfulness · Vulnerability · Emotion

1. According to the text, what are two practical strategies that Nova and Leo use to manage their difficult emotions? (2 marks) (2 marks)

2. What does the author mean when they say that showing vulnerability is 'a sign of courage' rather than a weakness? (2 marks) (2 marks)

3. Explain why the author compares mental health to physical health in the opening sentence. (2 marks) (2 marks)

4. What might happen if someone chooses to keep their worries to themselves instead of speaking to a trusted friend? Justify your answer using the text. (3 marks) (3 marks)

5. Do you agree that resilience is a skill that can be developed over time? Justify your opinion. (3 marks) (3 marks)

Draw: Draw a 'Wellbeing Garden' where each flower or tree represents a different activity or person that helps you feel calm and happy.



Extension challenge: Compare and contrast the ways different people might handle stress. Write a short paragraph explaining why different strategies work for different individuals, and create a list of five 'Daily Wellbeing Goals' that you could implement to improve your own mental health.