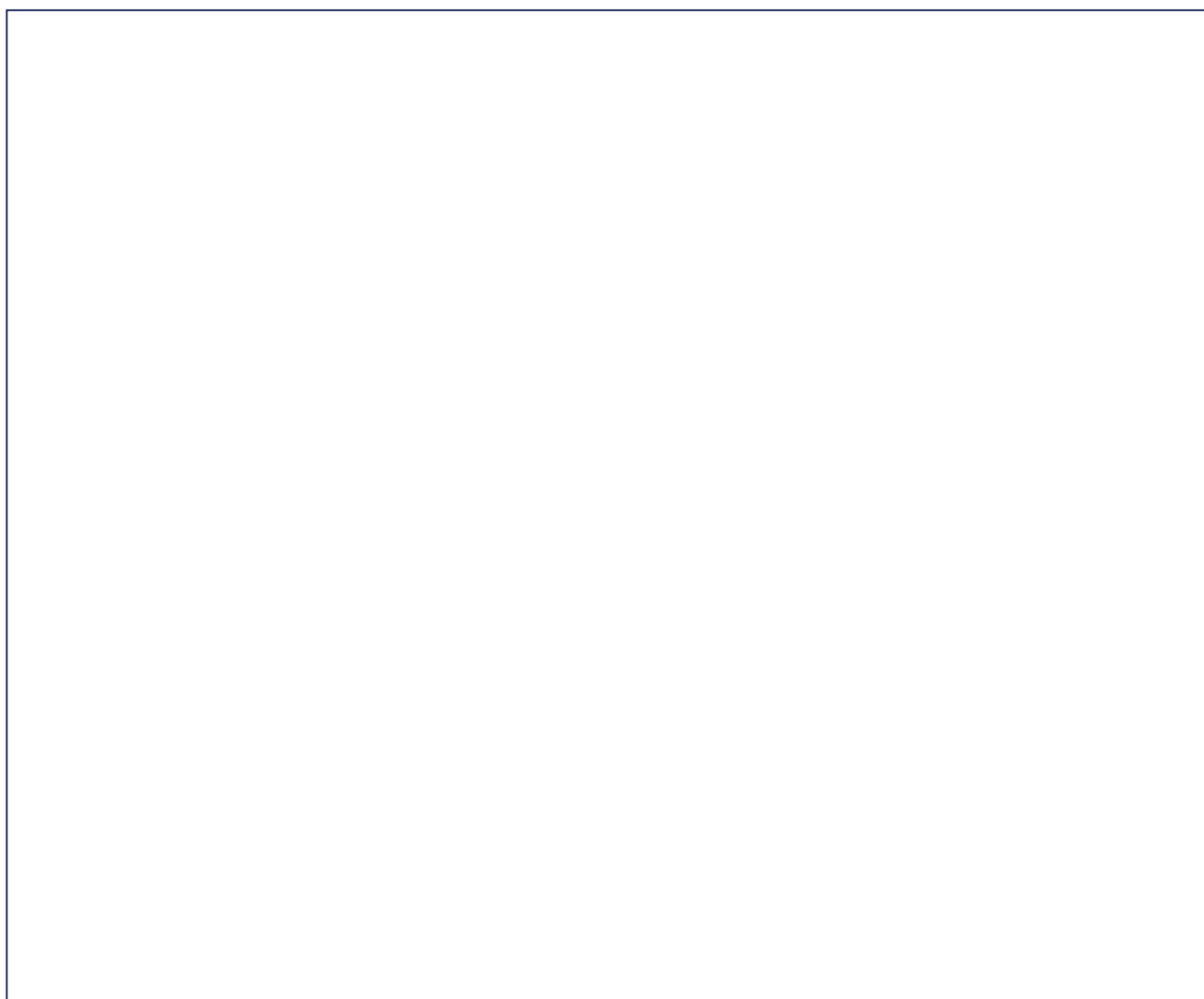


Mapping My Inner Landscape: A Wellbeing Portrait

Learning objective: To understand and express the different facets of mental health and the importance of identifying personal support networks.

Use this sheet to create a visual map of your mental wellbeing. Think about the things, people, and activities that help you feel calm, resilient, and happy. Use the word bank to help you label your drawing.

Draw: Draw a large, central 'Tree of Wellbeing'. The roots represent the things that keep you grounded (e.g., family, hobbies, sleep). The trunk represents your inner strength (resilience). The branches should show your support network (friends, teachers). The leaves represent your positive emotions and coping strategies. Use colours to represent different feelings—for example, use warm colours for moments of joy and cool colours for moments of calm reflection. Include small speech bubbles on the branches showing supportive phrases you can say to yourself or others.



Label words: Resilience · Support network · Mindfulness · Empathy · Self-regulation · Connection · Confidence · Balance

Steps:

1. Identify three people or groups in your 'Support Network' and explain why they are important to your mental wellbeing.

2. Define 'resilience' in your own words. How might this trait help you when you face a difficult challenge in school?
3. Explain why it is important to have a balance between quiet 'mindfulness' time and active 'connection' time with friends.
4. Compare and contrast how you feel when you are worried versus when you feel calm. What physical signs does your body show?
5. Justify your answer: Why is it a sign of strength, rather than weakness, to ask for help when you are feeling overwhelmed?
6. What might happen to a person's mental health if they never shared their feelings with others? Use evidence to support your reasoning.