

## Understanding Our Inner World with Nova and Leo

*Learning objective: To identify strategies for maintaining positive mental health, recognising that mental wellbeing is as important as physical health.*

Read each question carefully. Use your knowledge of emotions, resilience, and wellbeing to provide thoughtful, well-reasoned answers. Refer to the word bank if you need help with key terminology.

*Word bank: Resilience · Mindfulness · Wellbeing · Empathy · Self-regulation · Perspective · Support network*

**1. Leo the Lion suggests that everyone has 'ups and downs' in their mental health. Explain why it is important to treat our mental health with the same care and attention as we treat a physical injury, like a scraped knee. (2 marks)**

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**2. Nova the Owl often practices mindfulness when she feels overwhelmed by her stargazing data. Describe one mindfulness technique you could use in the classroom and explain how it helps to regulate your emotions. (2 marks)**

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**3. Compare and contrast 'healthy stress' (like feeling nervous before a school play) and 'unhealthy stress'. How can we distinguish between the two? (3 marks)**

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**4. Identify three people or services that form part of a reliable 'support network'. Why is it vital to talk to a trusted adult when you are struggling with your thoughts or feelings? (3 marks)**

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**5. Justify your answer: If a friend is acting unusually quiet or 'unlike themselves', why is it more effective to offer empathy rather than trying to 'fix' their problem immediately? (3 marks)**

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**6. What might happen if someone consistently ignores their own mental wellbeing? Discuss the long-term impact on their ability to focus, learn, and maintain friendships. (3 marks)**

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**Draw: Draw a 'Wellbeing Garden'. In this garden, include symbols or objects that represent things that help you feel calm, happy, or resilient (e.g., a quiet bench for reading, a path for walking, or a sun representing positivity).**



*Extension challenge: Design a 'Resilience Toolkit' poster for your classroom. On the poster, create a list of 'Actionable Strategies' for when you feel anxious. Include a section on how to be a supportive friend to others who may be experiencing a difficult day.*