

Understanding Our Minds: A Reflective Journey

Learning objective: To identify strategies for supporting mental well-being and to articulate the importance of emotional health.

Use this writing frame to explore your thoughts on well-being. Think about the advice Nova the owl might give for staying calm, or how Leo the lion manages his feelings. Use the word bank to help link your ideas together.

Mental health is just as important as physical health, and it influences how we think, feel, and interact with the world around us.

Word bank: furthermore · consequently · nevertheless · in addition to this · resilience · perspective · emotional well-being · mindfulness · strategies · significant

1. What does 'mental health' mean to you in your own words? Start by saying: My interpretation of mental health is... (2 marks)

2. Explain why it is important to have a variety of strategies to help us when we feel overwhelmed. Consider: Having a range of coping mechanisms is vital because... (3 marks)

3. Compare and contrast how talking to a trusted adult differs from keeping worries to yourself. Start by saying: While keeping worries hidden might feel safe initially, sharing them with a trusted adult... (3 marks)

4. Justify your answer: How can acts of kindness towards others improve your own mental well-being? Start by saying: I believe that performing kind acts boosts my own well-being because... (3 marks)

5. What might happen if someone ignores their emotional health for a long period? Start by saying: If emotional health is neglected, a person might... (3 marks)

6. How can you create a 'calm space' or routine to support your own mental health? Start by saying: To cultivate a positive mental state, I could implement a routine of... (2 marks)

Extension challenge: Design a 'Well-being Toolkit' poster. Choose five items—these could be activities, people, or habits—that help maintain your mental health. Write a paragraph explaining why each item is essential to your personal resilience.