

The Wellbeing Ecosystem: Building Your Resilience Garden

Learning objective: To understand the factors that contribute to positive mental health and personal wellbeing by categorising supportive habits.

Max the monkey is helping his friends plant a 'Wellbeing Garden'. Each plant needs specific nutrients to thrive, just like our minds. Sort the activities provided in the word bank into three categories: 'Physical Health', 'Social Connections', and 'Emotional Regulation'. Then, explain how each category helps you maintain a balanced mindset.

Word bank: Eating a balanced diet · Sharing feelings with a trusted adult · Taking deep, calming breaths · Engaging in team sports · Getting sufficient sleep · Journaling thoughts · Playing with friends · Mindful meditation

1. Choose one activity from the 'Physical Health' category. Justify why this specific habit is essential for your brain to function effectively during a challenging school day. (2 marks)

2. Compare and contrast 'Social Connections' and 'Emotional Regulation'. Why might a person need both to be truly resilient? (2 marks)

3. Max suggests that saving £5.00 a week to buy a new book or art supply is a form of wellbeing. Explain why setting and achieving small financial or personal goals contributes to a sense of accomplishment. (2 marks)

4. What might happen to a person's 'Wellbeing Garden' if they only focused on 'Physical Health' but ignored 'Social Connections'? Explain your reasoning. (2 marks)

5. If you were to add one more activity to the 'Emotional Regulation' category, what would it be and why? (2 marks)

6. Evaluate the statement: 'Wellbeing is solely the responsibility of the individual.' Do you agree or disagree? Justify your answer using examples of how community support plays a role. (2 marks)

Draw: Draw a 'Wellbeing Garden'. Use different colours to represent each of the three categories (Physical, Social, Emotional). Draw plants or flowers that represent your favourite ways to look after your own wellbeing.



Extension challenge: Design a 'Wellbeing Weekly Planner' for a character like Leo the lion. Ensure he balances his time between physical activity, quiet reflection, and time with his pride. Include a small budget section where he saves £2.00 of his pocket money for a future group adventure.