

Finding Your Inner Balance with Nova

Learning objective: To understand the importance of emotional wellbeing and identify strategies for managing feelings.

Read the text carefully and answer the questions below. Use full sentences where appropriate and refer back to the text to justify your ideas.

Nova the owl spends her nights gazing at the vast, shimmering constellations. She knows that even the brightest stars sometimes seem distant, just as our emotions can fluctuate like the tides. Wellbeing is not about feeling happy every single second; it is about having the resilience to navigate the cloudy nights and the clear, starry ones. When Nova feels overwhelmed by the complexity of the night sky, she practices deep, rhythmic breathing. She focuses on the stillness of the forest, allowing her mind to settle. Understanding our wellbeing means recognising that it is perfectly natural to experience a spectrum of feelings. Whether you are feeling as courageous as a lion or as quiet as a falling leaf, it is vital to acknowledge those sensations. By taking a moment to pause, reflect, and perhaps share your thoughts with a trusted friend, you build a stronger sense of self. Remember, just as Nova maps the stars to find her way, you can develop your own personal toolkit of strategies—such as reading, drawing, or talking—to help you maintain your own inner balance and emotional health.

Word bank: wellbeing · resilience · mindfulness · perspective · emotions · strategies

1. According to the text, what are two specific strategies mentioned that can help someone maintain their wellbeing? (2 marks)

2. What does Nova compare our emotions to in the first paragraph, and what does this suggest about the nature of feelings? (2 marks)

3. Why does the author suggest that wellbeing is not about being happy all the time? Use evidence from the passage to support your view. (3 marks)

4. Infer why Nova considers it important to 'share your thoughts with a trusted friend' when feeling overwhelmed. (3 marks)

5. Do you agree that having a 'personal toolkit' is an effective way to manage emotions? Justify your answer with your own reasoning. (4 marks)

Draw: Draw a 'Wellbeing Toolkit' box. Inside, illustrate three different activities or items that help you feel calm, happy, or balanced when you are having a difficult day.



Extension challenge: Compare and contrast the metaphor of the 'starry night' used in the text with a metaphor of your own invention to describe how wellbeing works. Explain why your chosen metaphor is effective. Finally, justify why schools should prioritise teaching emotional resilience alongside traditional subjects like maths and English.