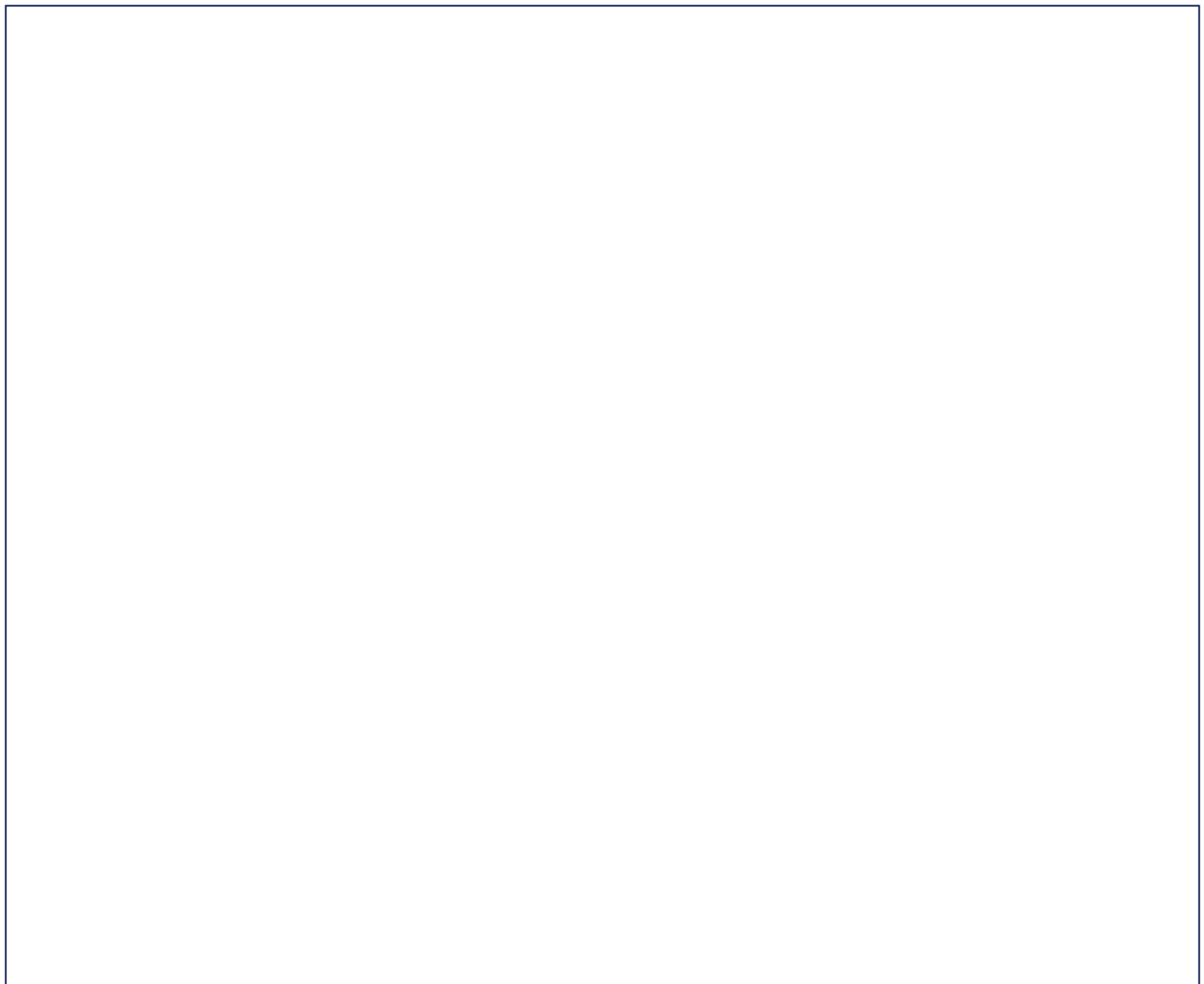


Mapping My Wellbeing Garden

Learning objective: To identify and illustrate personal strategies that support mental health and emotional wellbeing.

Use this sheet to design your own 'Wellbeing Garden'. Think of your garden as a sanctuary where your thoughts can grow and thrive. Use the word bank to label the different areas of your garden that represent activities or thoughts that make you feel calm, happy, and resilient.

Draw: Draw a large, detailed garden scene. In the centre, draw yourself sitting comfortably. Include a 'Calm Canopy' (perhaps a tree with leaves shaped like soothing memories), a 'Gratitude Grove' (trees bearing fruits labelled with things you are thankful for), and a 'Resilience Roots' section showing strong, deep roots beneath the surface. Use a vibrant, artistic style. Ensure you leave space around the features to add your labels from the word bank.



Label words: Resilience Roots · Calm Canopy · Gratitude Grove · Supportive Stems · Mindfulness Meadow · Self-Compassion Soil

Steps:

1. Explain why it is important to have a variety of 'wellbeing tools' rather than relying on just one activity.
2. Compare and contrast the 'Calm Canopy' and 'Resilience Roots'. How do these represent different

aspects of emotional health?

3. Justify your choice of a specific activity for your 'Mindfulness Meadow'. Why does this help you feel grounded?

4. What might happen if someone forgets to tend to their 'Self-Compassion Soil' during a difficult week?

5. Label your drawing with at least four items from the word bank, ensuring each label explains why that feature supports your wellbeing.

6. Identify one 'weed' (a negative thought or habit) that might grow in your garden and describe how you would remove it.