

Wellbeing Warriors: A Quest for Balance

Learning objective: To understand the importance of emotional health, identifying strategies for resilience, and recognising the impact of our choices on mental wellbeing.

Welcome! Join Max the monkey and Nova the owl as they explore how to keep their minds and bodies feeling fantastic. Read each question carefully and select the best answer to help them on their journey.

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.B, 6.Healthy, 7.True, 8.B, 9.Empathy, 10.False. Remember: Wellbeing is about the small, positive habits we practise every single day!

Word bank: Resilience · Mindfulness · Empathy · Wellbeing · Gratitude · Balance

1. Max is feeling overwhelmed by a tricky maths problem. Which action would best support his wellbeing? A) Giving up immediately B) Shouting at the paper C) Taking a deep breath and trying a different strategy* D) Hiding the paper forever (1 mark)

2. True or False: Getting enough sleep is essential for keeping our emotions stable and our minds alert. (1 mark)

3. True or False: Being a good friend means you must always agree with everything others say, even if you feel uncomfortable. (1 mark)

4. Nova uses 'mindfulness' when stargazing. What does this mean? A) Focusing entirely on the present moment and her surroundings* B) Thinking about everything she did last week C) Worrying about her homework D) Planning her schedule for next month (1 mark)

5. If a friend is having a difficult day, what is the most helpful response? A) Ignoring them so they have space B) Listening carefully and showing kindness* C) Telling them to stop being sad D) Talking only about yourself (1 mark)

6. Fill in the blank: Eating a _____ diet and staying hydrated helps our physical body support our mental health. (1 mark)

7. True or False: It is normal to experience a wide range of emotions, including sadness, frustration, or jealousy. (1 mark)

8. What is the best way to manage a 'big' emotion like anger? A) Holding it in until you burst B) Using a calm technique like counting to ten or walking away* C) Blaming someone else for how you feel D) Breaking something (1 mark)

9. What do we call the ability to understand and share the feelings of another person? (1 mark)

10. True or False: Asking for help when you are struggling is a sign of weakness. (1 mark)

Draw: Draw a 'Wellbeing Garden'. In each flower, draw or write one activity that helps you feel calm, happy, or resilient, such as reading, playing sport, or talking to a friend.



Extension challenge: 1. Explain why 'resilience' is often described as 'bouncing back' after a setback. 2. Compare and contrast how physical exercise and quiet reflection both benefit your mental health. 3. Justify why it is important to have a balance between screen time and offline activities. 4. What might happen if someone ignores their feelings for a long period? 5. Create a 'Wellbeing Action Plan' for Max, including three specific strategies he can use when he feels frustrated. 6. How can you demonstrate empathy in a classroom scenario where a peer has made a mistake?