

My Wellbeing Blueprint: A Guide to Inner Balance

Learning objective: To identify strategies that promote positive mental health and understand the importance of emotional regulation in daily life.

Use this blueprint to reflect on your emotional landscape. Think about how Nova the owl observes the stars to stay calm, or how Leo the lion uses poetry to express his feelings. Fill in each section thoughtfully to create your own personal wellbeing toolkit.

Word bank: resilience · mindfulness · perspective · gratitude · tranquility · self-regulation · support network · positivity

1. The Calm Anchor: Describe a specific activity or environment that helps you feel peaceful when you are feeling overwhelmed. Explain why this helps you regulate your emotions. (3 marks)

2. Support Systems: Identify two people or groups you could speak to if you were feeling worried. Justify why it is important to communicate your feelings rather than keeping them bottled up. (4 marks)

3. Managing Challenges: Think of a time you faced a difficult situation. How did you show resilience? Compare this to how you might handle a similar challenge in the future. (4 marks)

4. The Gratitude Perspective: List three things in your life you are grateful for today. Explain how focusing on these can shift your perspective when you are having a 'bad day'. (3 marks)

5. Hypothetical Scenario: What might happen if a person never took time to look after their mental wellbeing? Predict the impact this could have on their daily life and relationships. (4 marks)

6. Self-Reflection: Evaluate your own habits. Which aspect of your wellbeing would you like to improve this term, and what specific steps will you take to achieve this? (4 marks)

Extension challenge: Creative Task: Write a short, encouraging poem in the style of Leo the lion to remind yourself of your own strength. Then, design a 'Wellbeing Mascot' that represents the qualities of a healthy mind and explain the symbolism behind their features.