

Nurturing Our Inner Wellbeing

Learning objective: To understand the factors that contribute to mental and physical wellbeing, and to develop strategies for managing emotions and building resilience.

Read each question carefully. Use your understanding of personal growth and emotional intelligence to provide thoughtful, reflective answers. Refer to the word bank if you need help with key terminology.

Word bank: Resilience · Mindfulness · Perspective · Empathy · Self-regulation · Wellbeing · Gratitude · Support network

1. Max the monkey often feels overwhelmed when he encounters a complex maths puzzle. Explain why 'self-regulation' is an essential skill for Max to practise, and describe one strategy he could use to calm his mind before trying again. (2 marks)

2. Nova the owl believes that maintaining a positive 'perspective' is key to wellbeing. Compare and contrast how a person might react to a difficult day if they focus on 'fixed' thoughts versus 'growth' mindset thoughts. (3 marks)

3. Pip the caterpillar is feeling anxious about a big change in his habitat. Justify why having a 'support network'—such as friends, family, or teachers—is vital for someone experiencing worry. (2 marks)

4. Define 'mindfulness' in your own words. How might practising mindfulness help a Year 5 pupil improve their focus during a busy school day? (2 marks)

5. What might happen to a person's overall wellbeing if they consistently ignore their physical needs, such as sleep, hydration, and exercise? Explain the link between physical health and mental health. (3 marks)

6. Think of a time you successfully used resilience to overcome a challenge. Describe the situation and explain what you learned about yourself in the process. (3 marks)

Draw: Draw a 'Wellbeing Garden'. In the centre, draw yourself or a character like Leo the lion. Around them, draw flowers or trees that represent the things that help you feel happy and calm (e.g., a book for reading, a ball for sport, or a heart for kind friends).



Extension challenge: Design a 'Wellbeing Toolkit' for a new student joining your school. Create a list of five actionable steps they can take to feel settled, happy, and supported. For each step, write a short paragraph explaining the benefit to their mental health.