

My Wellbeing Toolkit: Building Resilience with Nova the Owl

Learning objective: To identify strategies to support mental wellbeing and understand the importance of seeking help when facing challenges.

Use the prompts below to build a reflection on what helps you feel balanced and happy. Use the word bank to add detail and complexity to your sentences.

Just as Nova the owl takes time to observe the night sky to find her sense of calm, we all have unique ways to look after our own mental wellbeing.

Word bank: furthermore · consequently · in contrast · resilience · mindfulness · support network · perspective · tranquillity · nevertheless · significantly

1. Personal Sanctuary: Describe a place or an activity that helps you feel peaceful. Explain why this helps you maintain a positive state of mind... (2 marks)

2. Overcoming Obstacles: Think of a time you faced a small challenge. How did you use 'resilience' to keep going, and what strategies helped you manage your feelings? (2 marks)

3. The Power of Connection: Compare and contrast how talking to a trusted adult differs from trying to solve a tricky emotional problem entirely on your own. Justify your preference... (3 marks)

4. Physical and Mental Link: Explain why regular exercise or healthy sleep patterns might influence your ability to handle stress. What evidence can you provide for this link? (3 marks)

5. Hypothetical Scenario: What might happen if someone ignored their feelings for a long period? How could they begin to rebuild their wellbeing? (3 marks)

6. Reflective Goal: Set one 'wellbeing goal' for the coming week. How will you measure your success, and what steps will you take to ensure you achieve it? (2 marks)

Extension challenge: Design a 'Wellbeing Map' for a younger student. Create a visual guide featuring at least five distinct strategies they could use when they feel overwhelmed, ensuring you provide a brief justification for why each strategy is effective.