Healthy Minds, Happy Hearts with Nova

Be a Mental Health Hero: Look after your mind just like you look after your body!

- **Mental health means how we think, how we feel, and how we handle our day-to-day lives.**
- **Everyone has mental health, and it is normal for our feelings to change from day to day.**
- **Talking to a trusted adult, like a teacher or a family member, is a brave way to share big feelings.**
- **Being kind to yourself is important; you are doing your best, and that is always enough.**
- **Taking time to rest, play, and eat healthy food helps your mind stay strong and ready to learn.**

> *Did you know? Did you know? Nova the owl says that taking deep breaths can help your brain feel calm, just like looking at the quiet, starry night sky helps her feel peaceful!*

Key vocabulary: Wellbeing · Emotions · Resilience · Support · Kindness · Calm