

Max's Wellbeing Toolbox

Learning objective: To understand how to recognize and manage feelings to support our emotional wellbeing.

Max the monkey is feeling a bit worried today. Look at the situations below. Sort them into two groups: things that help us feel calm and happy, and things that might make us feel upset or worried. Draw a line from each box to either the 'Calm & Happy' side or the 'Worry & Upset' side. Then, finish the sentence starters to tell us what makes you feel better.

Word bank: Deep breaths · Talking · Kindness · Friendship · Exercise · Listening

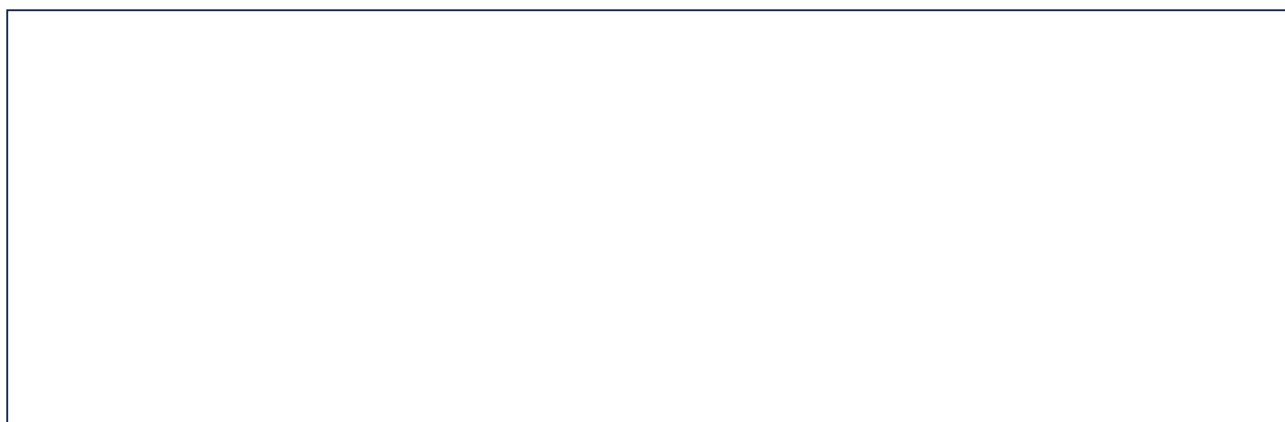
1. 1. Someone is being unkind to a friend. Does this make you feel calm or worried? (2 marks)

2. 2. You spend time playing outside in the fresh air. How does this make you feel? (2 marks)

3. 3. When I feel worried, I can help myself by... (2 marks)

4. 4. A person I can talk to when I am sad is... (2 marks)

Draw: Draw a picture of your 'Happy Place'. This could be a park, your bedroom, or anywhere that makes you feel safe and relaxed.



Extension challenge: Write down one kind thing you can do for a friend tomorrow to help them feel happy.