

My Wellbeing Garden with Leo the Lion

Learning objective: To identify things that help us feel happy, calm, and healthy.

Leo the Lion wants to show you his Wellbeing Garden. In this garden, every plant and flower represents something that makes you feel good. Follow the steps below to draw your own special garden.

Draw: Draw a bright, colorful garden scene. Include a large sun, a path, a cosy bench, and several flowers. Use bright colors like yellow, green, and blue. The style should be friendly and welcoming. Leave space around the objects to add labels from the word bank.



Label words: Friendship · Exercise · Kindness · Rest · Healthy food · Hobbies · Support

Steps:

1. Step 1: Draw a big, happy sun in the corner. Inside the sun, write one thing that makes you smile.
2. Step 2: Draw three flowers. Label each flower with a word from the word bank that helps you feel happy.
3. Step 3: Draw a path leading to a cosy bench. Who would you invite to sit on the bench with you?
4. Step 4: Draw a water can. Write one thing you do to look after your body, like drinking water or playing outside.