Wellbeing Flashcards with Nova the Owl

Learning objective: To identify ways to look after our mental and physical wellbeing.

Read the front of the card. Think about how Nova the Owl might answer. Then, look at the back of the card to check your ideas! Use the word bank to help you.

What should you do if you have big or worried feelings?	**How much sleep do you need each night to stay healthy?**
Talk to a trusted adult and share your Feelings.	Between 9 and 11 hours of good Sleep.
What is a good way to be kind to your body every day?	**Why is it important to play outside or move your body?**
Eat Healthy food and drink plenty of water.	Because regular Exercise makes us feel happy and strong.
How can you show you are a good friend?	**What can you do when you feel very busy or stressed?**
By being Kind and listening to others.	Take time to Rest and find a quiet space to be Calm.
Who can help you if you are feeling sad?	**What should you drink to keep your brain and body working well?**
A teacher, a parent, or a friend can offer Help.	Water is the best drink for your body.
Is it okay to have different moods?	**Why do we need to take breaks during the school day?**
Yes, it is normal to have many different Feelings.	To help our brains Rest and get ready to learn more.