Feeling Good with Max and Zara

Learning objective: To identify ways to look after our mental wellbeing and understand that it is okay to have different feelings.

Read each question carefully. Use the word bank to help you write your answers. Think about what makes you feel happy and calm.

Max the monkey and Zara the zebra are friends. Sometimes they feel happy, and sometimes they feel a bit sad or worried. They know that all feelings are okay. They take time to rest, play, and talk to friends to help them feel better.

Word bank: happy · sad · calm · talk · kind · exercise · rest · feelings

1. Max feels a bit sad today. Name one thing he could do to help himself feel better. (2 marks)

2. Why is it important to be kind to yourself when you are having a bad day? (2 marks)

3. List two things you can do to help your body feel calm when you are worried. (2 marks)

4. Who is one person you can talk to if you have big feelings? (1 mark)

Draw: Draw a picture of a 'calm place' where you like to go to relax. It could be a quiet corner, a park, or under a tree.

Extension challenge: Write down one positive thing about yourself. It could be something you are good at or a kind thing you did.