

My Wellbeing Toolkit with Leo the Lion

Learning objective: To identify strategies for maintaining good mental health and recognise that everyone has a range of emotions.

Leo the Lion is preparing for a big group adventure. He knows that just like his body needs food and exercise, his mind needs care to stay healthy. Look at the 'Wellbeing Toolkit' items below. Sort them into two categories: 'Activities for Calm' (to help when feeling overwhelmed) and 'Activities for Connection' (to help when feeling lonely or needing support). Write your answers in the table provided.

Word bank: Deep breathing · Talking to a trusted adult · Drawing a picture · Playing a team game · Reading a book quietly · Sharing feelings with a friend · Listening to gentle music · Writing in a diary

1. Choose four items from the word bank and sort them into the table below. Explain why you think each activity helps mental health. (8 marks)

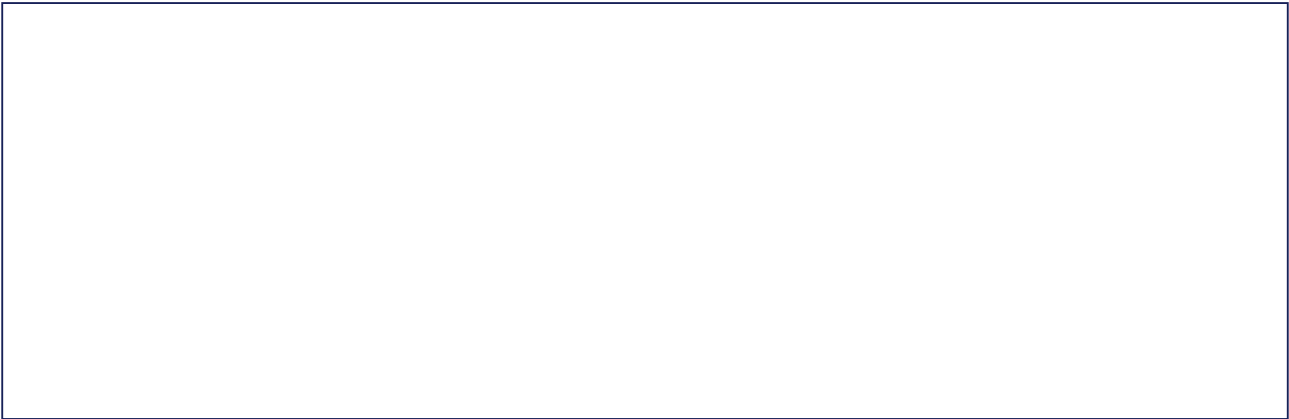
2. Leo says, 'It is okay to feel sad sometimes.' Why is it important to talk to a trusted adult when you have big, difficult feelings? (2 marks)

3. If you were feeling worried about a maths test, which activity from the 'Activities for Calm' list would you choose and why? (2 marks)

4. How can being kind to others, like sharing a snack or a smile, improve your own mental wellbeing? (2 marks)

5. True or False: Mental health is only about when we feel sad. Explain your reasoning. (2 marks)

Draw: Draw a 'Wellbeing Shield' for Leo. Inside the shield, draw or write three things that make you feel happy, safe, and calm when you have had a long day.



Extension challenge: Create a 'Wellbeing Menu' for your classroom. List five different activities that you and your friends could do during break time to help everyone feel included, calm, and happy.