

Understanding Our Feelings with Leo the Lion

Learning objective: To understand that mental health is as important as physical health and to identify strategies for managing emotions.

Read the passage below carefully and answer the questions. Make sure to use your own words where asked.

Leo the Lion is known for his bravery in the jungle, but even a brave leader like him has days where he feels overwhelmed. Sometimes, the roar of the jungle feels too loud, and his thoughts become tangled like vines. Leo has learned that mental health is just as important as keeping his paws healthy. He knows that everyone experiences a wide range of emotions, from sunshine-bright happiness to stormy sadness. When Leo feels low, he uses his favourite strategy: he pauses to write poetry. Putting his feelings into words helps him see things from a new perspective. He also knows that asking for help is a sign of true strength, not weakness. Whether he talks to Pip the caterpillar or takes a quiet walk under the stars with Nova, Leo understands that nobody has to carry their worries alone. By looking after his mind and talking about his feelings, Leo stays strong and ready for any adventure. Remember, just like Leo, your mental health matters every single day, and it is always okay to reach out for a listening ear.

Word bank: wellbeing · resilience · emotions · strategy · support · perspective

1. According to the passage, what two things does Leo do when he feels low? (2 marks)

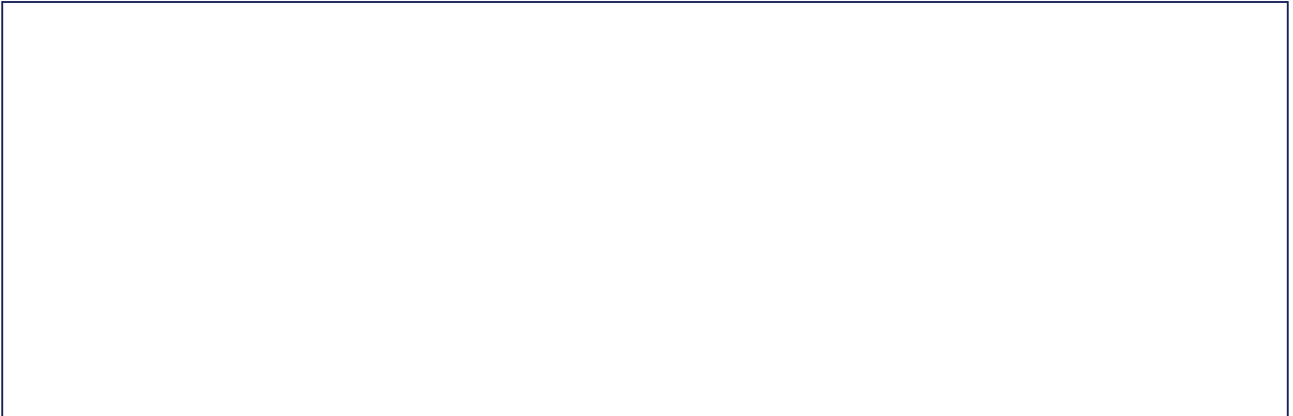
2. Who does the passage mention that Leo might talk to when he is worried? (1 mark)

3. Why does the author describe Leo's thoughts as being 'tangled like vines'? (2 marks)

4. What does the phrase 'asking for help is a sign of true strength' suggest about how we should view our own struggles? (2 marks)

5. Do you think writing or creative expression is a good way to manage difficult feelings? Explain your answer. (3 marks)

Draw: Draw a picture of Leo the Lion engaging in one of his favourite activities to help him feel calm, such as writing in a journal or stargazing with his friends.



Extension challenge: Create a 'Wellbeing Toolkit' list of five things you can do to help yourself feel calm or happy when you are having a difficult day.