

My Emotional Garden: A Wellbeing Drawing Sheet

Learning objective: To identify and express different emotions and understand strategies for maintaining positive mental health.

Use this sheet to create a visual representation of your inner world. Think about the things that help you feel calm, happy, or resilient, and draw them as part of your garden.

Draw: Draw a large, beautiful garden scene. In the centre, draw a 'tree of resilience' with strong roots. In the soil, draw seeds labeled with things you enjoy (e.g., reading, sports). In the sky, draw a sun representing 'positivity' and clouds representing 'challenges' that pass by. Use bright colours for happy emotions and soft, calm colours for relaxation zones. Include space to draw your friends or family supporting you in the garden.



Label words: Resilience · Calm · Support · Joy · Patience · Kindness · Growth · Reflection

Steps:

1. Identify two things you can do when you feel overwhelmed. Write these in the 'Sunlight' section of your drawing.
2. Why is it important to ask for help from a trusted adult if your feelings become too big to handle alone?
3. Label three 'seeds' in your garden that represent positive activities that make you feel happy.
4. Explain how physical activity, like playing football or dancing, can help your mental health.

5. Who are the 'support pillars' in your life? List three people you could talk to if you are feeling sad.