

Growing Your Mental Wellbeing with Nova and Friends

Be a Mental Health Hero: Look after your mind just like you look after your body!

- **Mental health is about how we think, feel, and act. It is just as important as our physical health, and everyone has mental health that changes throughout their lives.**
- **Talking about your worries with a trusted adult, like a teacher or a family member, can help lighten the load and make problems feel much smaller.**
- **Small acts of kindness towards yourself and others, such as giving a compliment or taking time to rest, can boost your mood and create a positive environment.**
- **It is perfectly normal to experience a wide range of emotions, including sadness, anger, and anxiety; what matters is finding healthy ways to express them.**
- **Getting enough sleep, eating nutritious food, and staying active are three essential building blocks that help our minds feel balanced and ready to learn.**

Did you know? Did you know? Just like your muscles get stronger when you exercise, your brain builds 'mental muscles' when you practise kindness, talk about your feelings, and learn how to handle tricky situations. Nova the owl says that stargazing is a great way to practise mindfulness and find a sense of calm after a busy day!

Key vocabulary: Resilience · Mindfulness · Wellbeing · Empathy · Perspective · Self-care