

My Wellbeing Toolkit: A Diary Entry with Nova the Owl

Learning objective: To understand that mental health is a part of our overall wellbeing and to identify personal strategies for staying positive and calm.

Think about how you feel today and how you look after your mind. Nova the Owl is stargazing tonight and wants to hear your thoughts. Complete the diary entries below to build your own personal wellbeing toolkit. Be honest and kind to yourself as you write.

Word bank: resilience · calm · mindfulness · support · emotion · strategies · wellbeing · positive · courage

1. My Feelings Today: Describe how you are feeling right now. Use descriptive words to explain your current mood and why you might be feeling this way. (2 marks)

2. My 'Calm-Down' Strategies: If you feel worried or overwhelmed, what are three things you can do to help yourself feel calm again? (e.g., breathing exercises, drawing, listening to music). (3 marks)

3. My Support Network: Who are the people or trusted adults you can talk to when you have a problem or need advice? Why is it important to share your feelings? (2 marks)

4. Achievements and Strengths: List two things you are proud of doing this week, no matter how small. How do these accomplishments make you feel about yourself? (2 marks)

5. A Message to Myself: Write a short, encouraging note to yourself that you can read whenever you are having a difficult day. (1 mark)

Extension challenge: Design a 'Wellbeing Badge' for yourself. In the space below, draw a symbol or picture that represents what makes you feel happy, safe, and strong, and explain why you chose this design.