Understanding Our Emotions with Leo the Lion

Learning objective: To identify that mental health is as important as physical health and to recognise strategies that support emotional wellbeing.

Read each question carefully and use your own experiences and knowledge to provide thoughtful, honest answers. Remember that everyone's mental health is unique.

Leo the Lion often leads his friends on long journeys through the savanna. He knows that just like their bodies need water and rest to stay strong, their minds need care to stay healthy. Whether you are feeling brave like a lion, shy like an owl, or busy like a bee, your feelings are always important. Taking care of your mental health means understanding your emotions and knowing when to ask for help.

Word bank: Resilience · Wellbeing · Mindfulness · Support · Self-care · Empathy · Communication · Balance

1. Leo says that mental health is just as important as physical health. Explain in your own words what 'mental health' means to you. (2 marks)

2. List three positive activities you can do when you feel overwhelmed or stressed to help calm your mind. (3 marks)

3. Why is it important to talk to a trusted adult if you are feeling worried or sad for a long time? (2 marks)

4. Imagine a friend is feeling upset because they found a maths task difficult. How could you show empathy and support them? (2 marks)

5. Look at the word bank. Choose two words and explain how they relate to keeping a healthy mind. (4 marks)

Draw: Draw a 'Wellbeing Garden'. In each flower or tree, draw or write a different activity or person that helps you feel happy, calm, or supported.

Extension challenge: Write a short poem, like Leo would, about the importance of being kind to yourself when you make a mistake.