My Wellbeing Garden: A Blueprint for a Healthy Mind

Learning objective: I can identify and illustrate personal strategies that support my mental and emotional wellbeing.

About 15 minutes. Grown-up tip: Encourage your child to talk through their garden design, as this helps them articulate their personal coping strategies.

Think of your mind as a garden that needs careful tending. Use the drawing space below to create a 'Wellbeing Garden'. For each section, draw a symbol or activity that helps you feel calm, resilient, or happy. Example: If 'talking to friends' helps you, you might draw a bench under an oak tree where two people are chatting.

Draw: Draw a circular garden scene. In the centre, place a large oak tree for support. Create winding paths for your goals, a quiet seating area for mindfulness, and small flowerbeds to represent different self-care activities. Use vibrant colours to show positive energy and clear labels for each feature.

Label words: Resilience · Mindfulness · Support Network · Self-Care · Goal Setting · Physical Health

Steps:

1. Draw a 'Support Tree' in the centre of your garden. Label the branches with the names of people or groups you can talk to when you feel worried.

2. Sketch a 'Calm Corner' within your garden. What specific physical items or activities (e.g., a book, a sketchbook, a ball) would you put there to help you regulate your emotions?

3. Identify one 'weed' (a negative thought or habit) and draw a way to 'prune' or manage it. How can you replace this with a positive action?

4. Add a path to your garden. Label the path with a goal you are working towards this term, showing that wellbeing involves moving forward step-by-step.

5. Explain why it is important to balance 'rest' and 'activity' in your garden. How does this relate to your physical and mental health?



I did it! Name: _____ Date: _____

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