

Looking After My Wellbeing



1. When I look after my wellbeing, I feel content and _____.
2. There are lots of things I can do to _____ how I feel.
3. Spending time with the people I _____ makes me feel good.
4. We could play a game, do an activity that we both enjoy or just _____ to each other.
5. Exercise is very important for my body and _____.
6. I can try different activities so that I can find out what I _____ the most.
7. Showing _____ to others makes me feel good.
8. It is important that I get enough sleep so that my body has time to _____.
9. I can relax my mind by listening to music, colouring, taking a few deep _____ or spending time in nature.
10. I know lots of ways that I can take good care of my own _____.

kindness

talk

breaths

love

wellbeing

mind

happy

happy

improve

enjoy

Looking After My Wellbeing: Answers

1. When I look after my wellbeing, I feel content and **happy**.
2. There are lots of things I can do to **improve** how I feel.
3. Spending time with the people I **love** makes me feel good.
4. We could play a game, do an activity that we both enjoy or just **talk** to each other.
5. Exercise is very important for my body and **mind**.
6. I can try different activities so that I can find out what I **enjoy** the most.
7. Showing **kindness** to others makes me feel good.
8. It is important that I get enough sleep so that my body has time to **rest**.
9. I can relax my mind by listening to music, colouring, taking a few deep **breaths** or spending time in nature.
10. I know lots of ways that I can take good care of my own **wellbeing**.