



[WWW.TPET.CO.UK/WELLBEING-WEDNESDAY](http://www.tpet.co.uk/wellbeing-wednesday)

Wellbeing Wednesday is back! With a brand new set of characters - the **Mental Health Heroes**. Let the Mental Health Heroes teach you their amazing superpowers, to help improve wellbeing and give the children new skills. Download a range of resources to use at home or in the classroom.



TRY OUR JOURNAL PAGES - THE PERFECT THINKING ACTIVITY

Resources include collectible character cards, journals, task cards, colouring and more. All themed around our superheroes' unique abilities.



OUR MENTAL HEALTH HEROES ARE PERFECT FOR TACKLING ISSUES SUCH AS STRESS, ANXIETY AND ANGER.



Download our **Summer term overview** to keep track of each week's activities. A must have for any classroom or home - we add new content throughout the year.

SAVE PAPER AND INK BY NOT PRINTING THIS PAGE.

SWITCH YOUR SENSES UP
TO SUPERHERO LEVELS!

WHAT ARE THE FIVE MAIN SENSES?

YOU CAN USE YOUR SENSES
TO BECOME MORE MINDFUL OF
YOUR SURROUNDINGS.

TAKE YOUR MIND TO A PLACE YOU FEEL CALM.
WHERE IS THIS PLACE?

WHAT DO YOUR SENSES TELL YOU ABOUT THIS PLACE?
LIST THEM HERE.

WHY DO YOU FEEL CALM WHEN YOU ARE IN THIS PLACE?

TRY USING THIS POWER THE NEXT TIME
YOU START TO FEEL OVERWHELMED.

