



[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.**



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Be mindful  
of your  
surroundings



#WellbeingWednesday

Focus your mind.

Name 5 things you can see.  
Name 4 things you can hear.  
Name 3 things you can feel.  
Name 2 things you can smell.  
Name 1 thing you can taste.



#WellbeingWednesday

Superhero  
**CYBER  
SENSE**

2



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Superpower

Uses her senses to  
help practise being  
mindful.



#WellbeingWednesday





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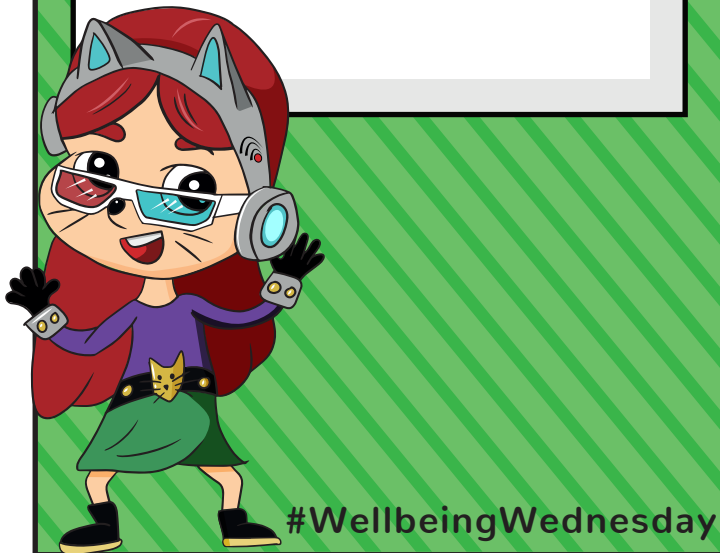
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## Remember...

Using your senses  
will help you to  
be more mindful  
throughout the day.



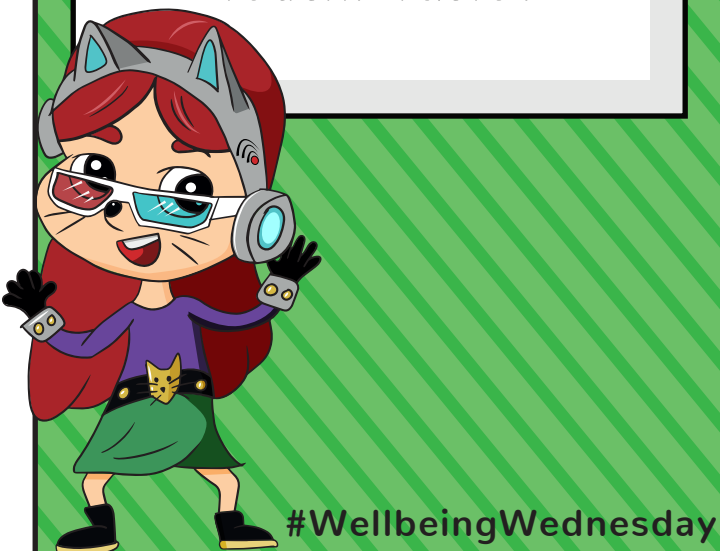
## How to use the cards

Print the cards back to back so that each card has the character on one side and the text on the other side.

These are great to use every Wednesday as a way to learn a new skill to help with taking care of our mental wellbeing.

## Challenge

Stand still outside  
for 5 minutes. Take deep  
breaths. What can you...  
See? Hear? Smell?  
Touch? Taste?



There will be 6 new cards and a new character released every week for 12 weeks. By the end there will be 72 cards in total.

These will be great for playing snap and using as a tool for children to lean on when they are feeling anxious, angry or upset.