



**[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.***



***I CAN USE MY  
SENSES TO HELP  
ME BE MORE  
MINDFUL.***

#WellbeingWednesday