



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.

Agent Grateful

#WELLBEINGWEDNESDAY

LIST FIVE THINGS THAT YOU ARE GRATEFUL FOR TODAY.

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BEFORE YOU GO TO SLEEP AT NIGHT, TRY USING THIS POWER IN YOUR HEAD.

THINK OF A GOOD MEMORY YOU HAVE. WHAT WORDS DESCRIBE HOW THIS MEMORY MAKES YOU FEEL?

