



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.

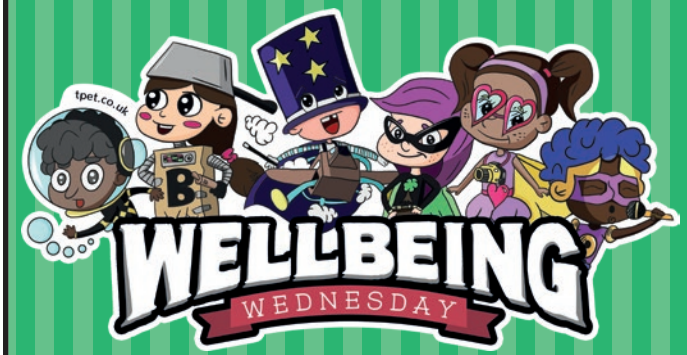


Download our Summer term overview to keep track of each week's activities. A must have for any classroom or home - we add new content throughout the year.

SAVE PAPER AND INK BY NOT PRINTING THIS PAGE.



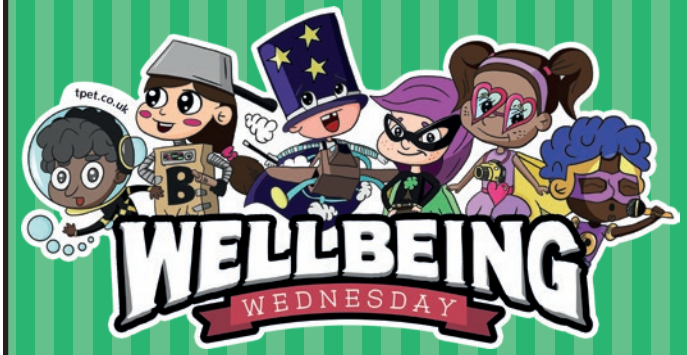
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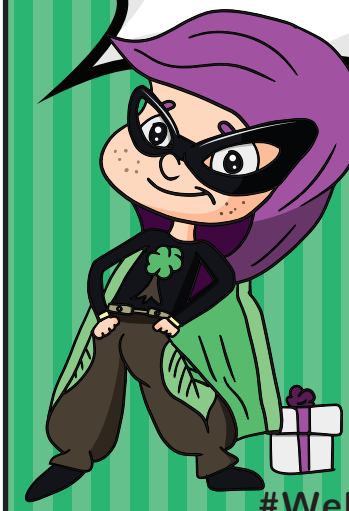


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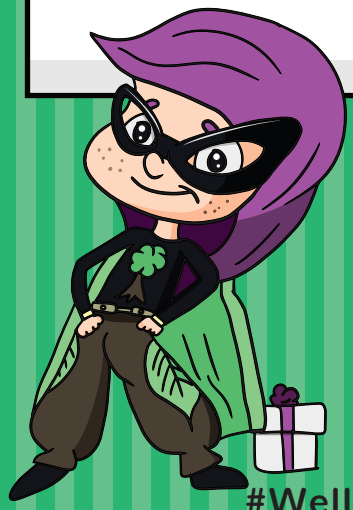
Be grateful for the good memories.



#WellbeingWednesday

Show Gratitude

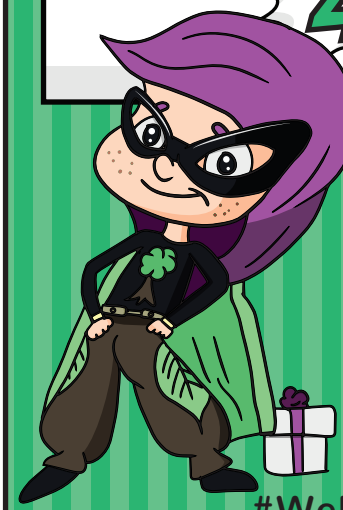
Try to end each day by thinking of five things you are grateful for and why. You can think these in your head or write them down.



#WellbeingWednesday

Superhero

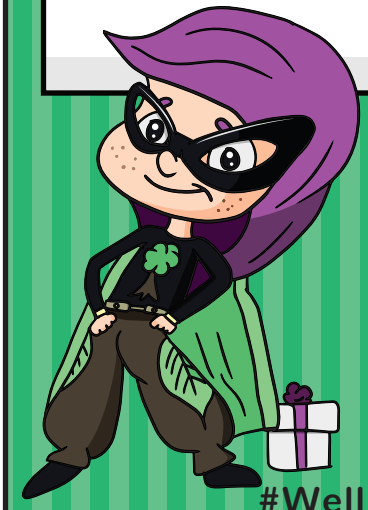
AGENT GRATEFUL 4



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Superpower

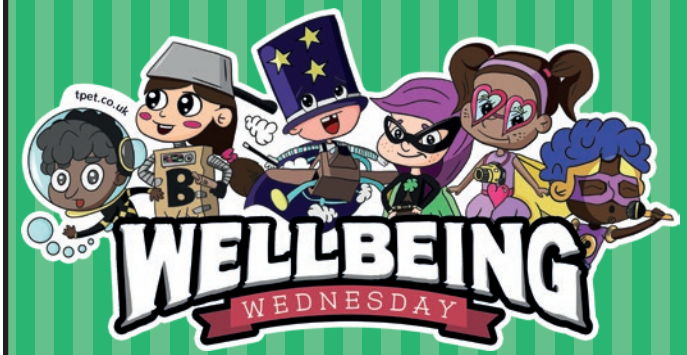
Stays happy by discovering all the things she is grateful for.



#WellbeingWednesday



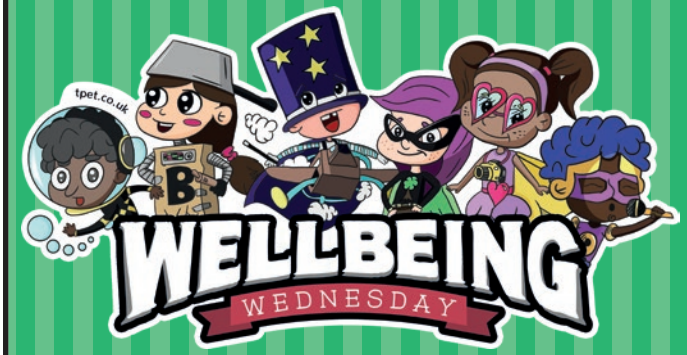
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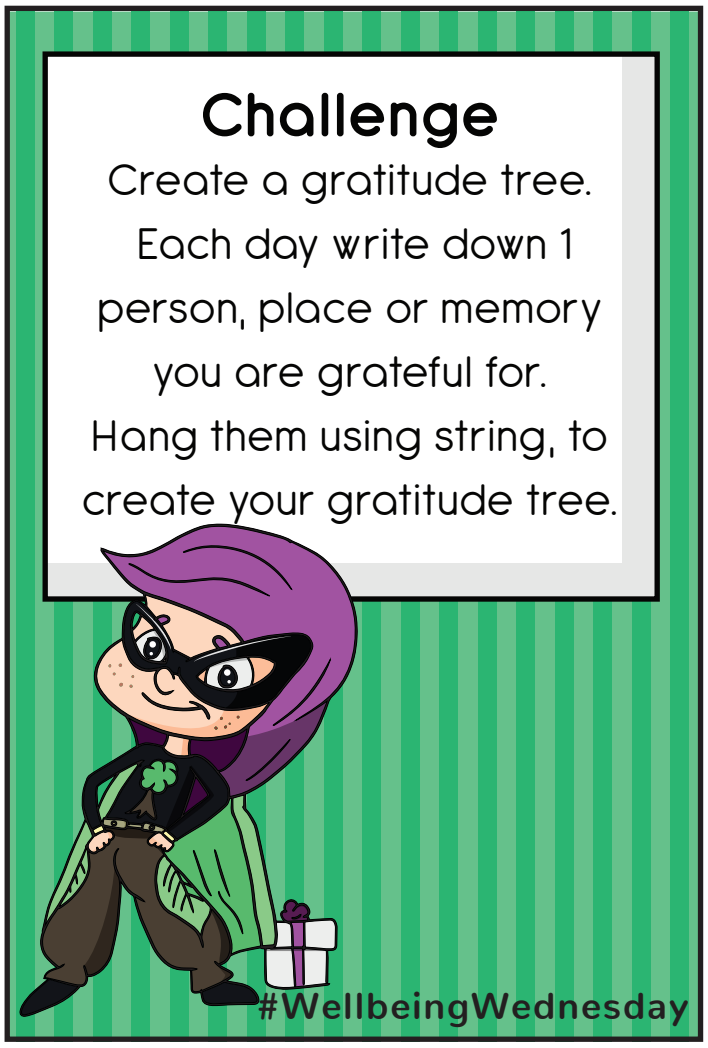
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How to use the cards

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.



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.