




## 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.

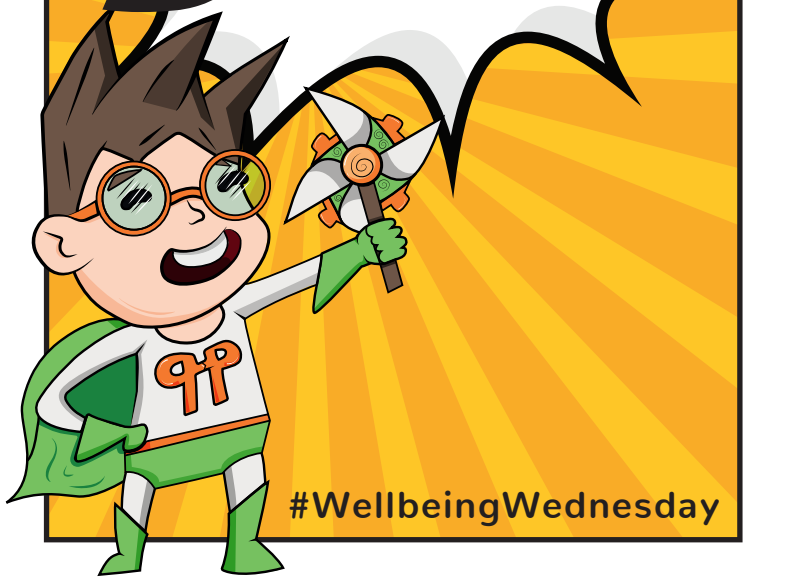

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# Control your Breathing

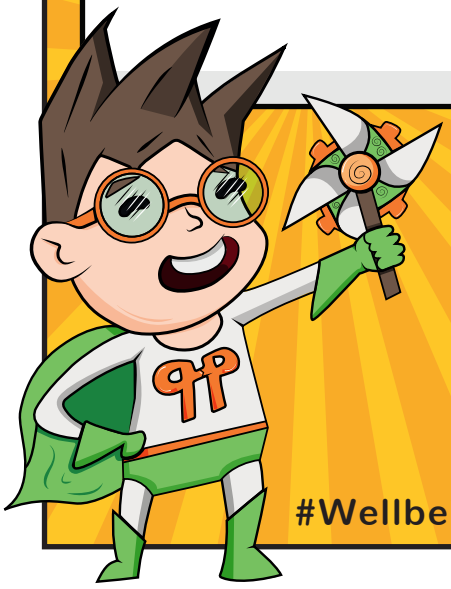


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## Focus on an object.

Breathe in...
Now count... 1... 2... 3...

Breathe out...
Now count... 1... 2... 3...

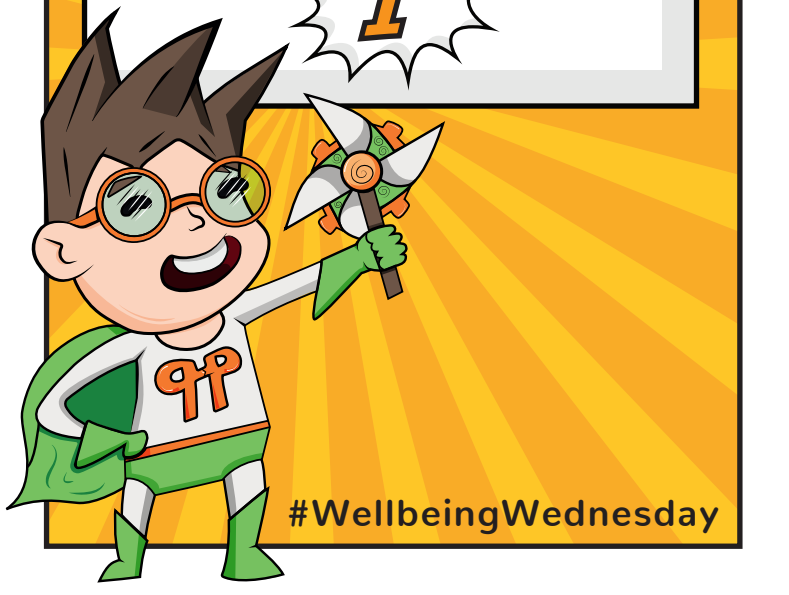


#WellbeingWednesday

## Superhero

**PROFESSOR PINWHEEL**

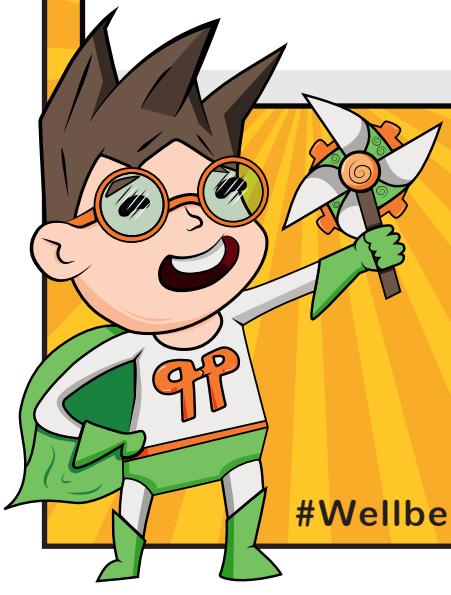
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## Superpower

Can control your breathing using his mechanical pinwheel.



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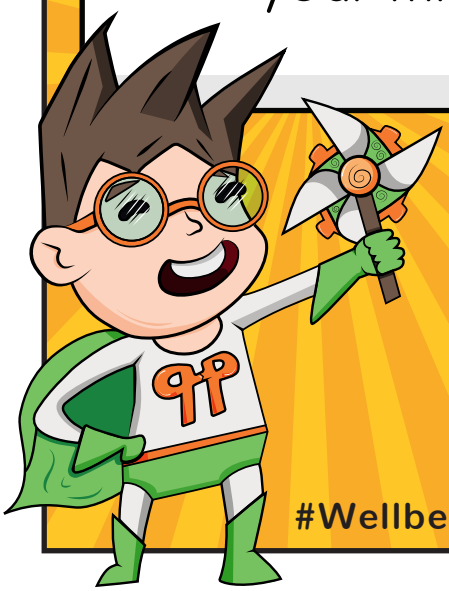

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## Remember...

If you can control your breathing it will help to calm your mind.



#WellbeingWednesday

## 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

Make a pinwheel.
Use the pinwheel to help control your breathing.
Make the pinwheel spin as you exhale.



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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.