



[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.

Professor Pinwheel

#WELLBEINGWEDNESDAY

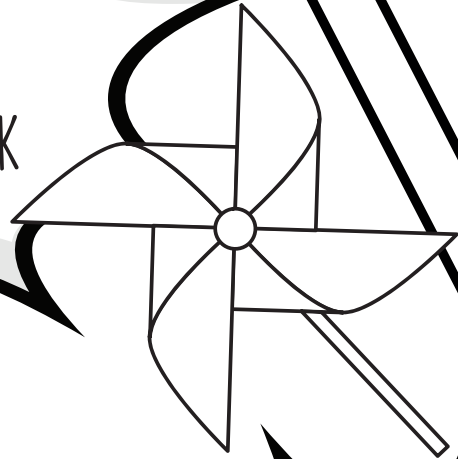
Breathe IN

- 1..
- 2..
- 3..
- 4..

TAKING DEEP BREATHS CAN HELP YOU TO FEEL CALM WHEN YOU MAY BE FEELING ANXIOUS OR ANGRY.

TRY IT OUT! WHY DO YOU THINK THIS CALMS YOU?

Breathe OUT



AS YOU BREATHE IN AND OUT, YOU ARE LETTING GO OF ANYTHING THAT IS BOTHERING YOU.



THINGS I AM LETTING GO OF:

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-
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-
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