DISCOVERY JOURNAL®

MAKING MENTAL HEALTH MANAGEABLE

SECONDARY SCHOOL MENTAL WELLBEING ACTIVITIES

TEACHERS GUIDE

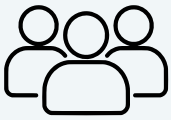
Ready-to-use activities to support emotional development, self-awareness and learn practical coping skills.

RECOGNISING FEELINGS

UNDERSTANDING THOUGHTS

SMALL WINS & CONTROL

10 MINUTE ACTIVITIES



NO PREP REQUIRED

EASY TO DELIVER

INSTANT DOWNLOAD

FREE TRIAL

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Wellbeing Activities for Secondary Students

A 3-week emotional literacy and self-awareness pack containing wellbeing activities designed for secondary school tutor time and pastoral support.

Students can keep their answers private or choose to share depending on their confidence and communication style. Activities are designed to encourage reflection, not disclosure.

What this is

A 3-week wellbeing activity pack containing 3 structured worksheets focused on emotional awareness, thought patterns, and self-reflection.
Each activity is designed to be completed independently with minimal preparation and can be used as a guided discussion or reflection task.

Who it's for

Designed for secondary school students, these activities are suitable for tutor time, pastoral support, small-group work, or 1:1 wellbeing conversations.
The layout and activity structure are designed to feel calm, accessible, and low-pressure for a wide range of learners.

How it works

Each worksheet explores a different aspect of emotional literacy and self-awareness.

Activities are designed to take approximately 10–15 minutes and can be completed privately or discussed in groups where appropriate.

Pack includes: | Understand Feelings | Understand Thoughts | Small Wins & Control |

Week one: Understanding Feelings
Students explore emotional vocabulary, recognition, and reflection. Encouraging a broader understanding of emotions and emotional vocabulary.

Week two: Understanding Thoughts
Students learn how thoughts influence feelings and reactions. Encouraging students to understand the impermanence of thoughts and the impact they can have on feelings and reactions.

Week three: Small Winds & Control
Students separate worries from actions and identify small practical supports. Encouraging problem-solving, self-awareness, and practical coping strategies.

Why it matters:

Many young people are never taught how to recognise, describe, or work through their emotions in a safe and manageable way. These activities are designed to introduce emotional literacy, reflection, and coping awareness early, helping students build skills that may support them later in life.
For some students, worksheets may also become a way to communicate worries, feelings, or experiences they may otherwise struggle to express verbally.

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Teachers Notes & Safeguarding

| No Prep | 10-15 Minute activities | Independant Completion | Suitable for small groups or 1:1 |

- Remind students there are no right or wrong answers.
- Students can choose how much they share or not share.
- Students do not need to hand in worksheets unless they choose to.
- Encourage respectful discussion if activities are completed in groups.

If a student shares or records something concerning, follow your school's usual safeguarding procedures.
These activities are not intended to replace professional mental health support.

Accessibility

These resources are designed with accessibility and low-overwhelm layouts in mind.
Clear spacing, soft colour palettes, and simplified formatting may support students who benefit from visually calmer resources, including some neurodivergent learners.

Printing on off-white paper may support readability for some students with dyslexia or visual processing difficulties.

Curriculum and Wellbeing Links

Emotional Literacy

Helping students recognise and describe emotions.

Communication Skills

Supporting emotional expression and perspective-taking.

Reflection & Regulation

Encouraging awareness of thoughts, reactions, and coping strategies.

PSHE / RSE

Suitable for tutor time, wellbeing support, and PSHE activities.