

Name



My wellbeing bubble

Being creative is a great way to look after yourself and take care of your wellbeing. Your wellbeing bubble is filled with all the things that make you feel happy and we want you to think creatively about what that would taste, smell, sound, feel and look like.

You can write or draw these in the boxes below. For example, my wellbeing bubble would taste like hot buttery toast, smell like a crisp winter's day, sound like waves on a beach, feel like a soft, warm blanket and look like a pink and purple sunset!

Taste like...

Smell like...

I want my bubble to...

Sound like...

Feel like...

I want my bubble to look...
(Get creative!)

Design your bubble here



Cut me out and keep me

