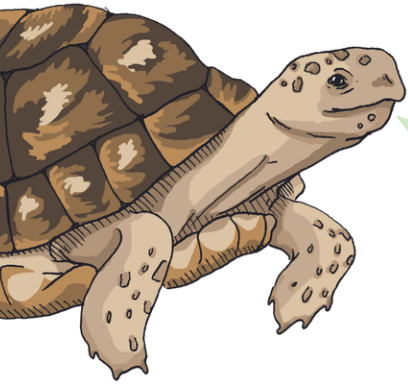


Florence Nightingale and Wellbeing



Hello, my name is Jimmy!
I was at Scutari Hospital with Florence Nightingale and these are some of the different people I met.
Read their diaries and write down which emotion you think they might have been feeling.
There are some emotions at the bottom to help.



Dear Diary,
My leg really hurts and I am very far from home. I do not like the loud noises and bad smells and wish I was with my family.

I am feeling _____

Dear Diary,
Today I managed to chase away three smelly rats and one of the soldiers I was looking after is now healthy enough to go home. Miss Nightingale told me I am a really good nurse.

I am feeling _____



Dear Diary,
We have run out of clean bandages again! I had asked one of the doctors to order more and he did not listen to me. Now we will have to work all night to wash more.

I am feeling _____



Here are some different emotions, you can use some of these or choose your own



Worried



Angry



Calm



Sad



Shocked



Excited



Happy



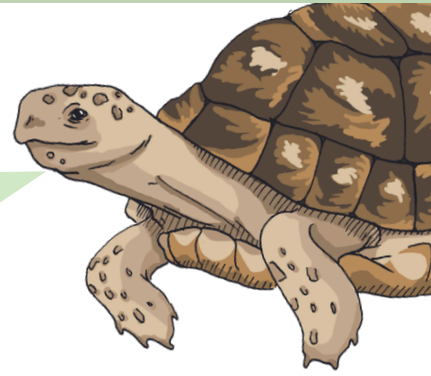
Bored

being well = wellbeing

It is normal to feel lots of different emotions,
good and bad.

But Florence Nightingale and her nurses wanted
to help soldiers feel emotions like happiness and
calm and less emotions like worry and sadness.

This would help their emotional wellbeing.



What would the nurse say? Match her words to the right soldier.

"I do not know who to
ask for help. I've
never been to a
hospital before and I
am feeling worried"

"I am feeling
lonely.
I miss my
family."

"I feel very sad. I am
tired but I cannot get to
sleep with all of the
noise and itchy
bedding!"

"I am feeling tired
and so bored."

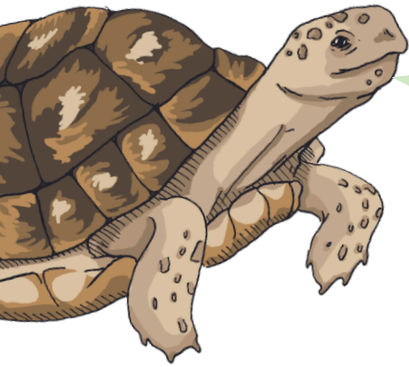
"I will wash your bed
sheets to get rid of the
lice and tell your my
favourite story to help
you sleep"

"You can help the cook
with gardening, the
vegetables will make a
nice stew to give you
energy"

"I will introduce myself!
All of us Nurses have the
same uniform so you
know who we are if you
need help"

"I will help you write
a letter home"





While it is ok to feel lots of different emotions, it is good to have things we can do to look after our emotional wellbeing and make us feel happy, calm and comfortable.

Use the space below to write some ideas for yourself and ideas to help other people.

These things make me happy and look after my emotional wellbeing....

If someone I knew was having a bad time, these are things I could do to help their emotional wellbeing....