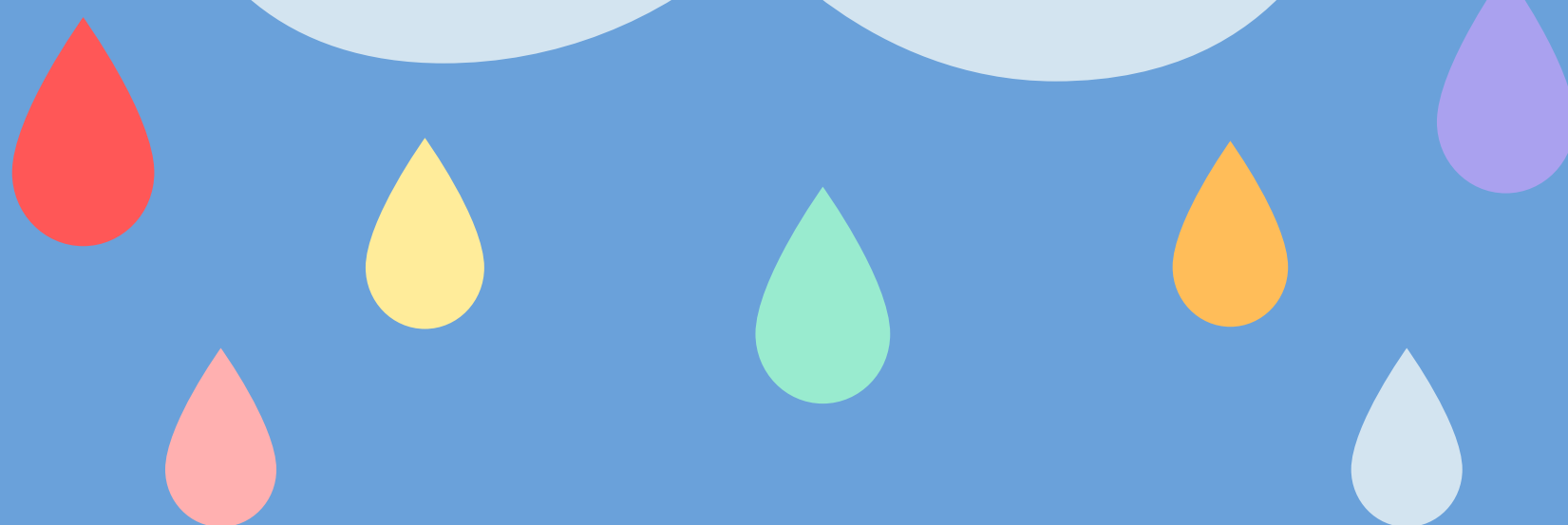
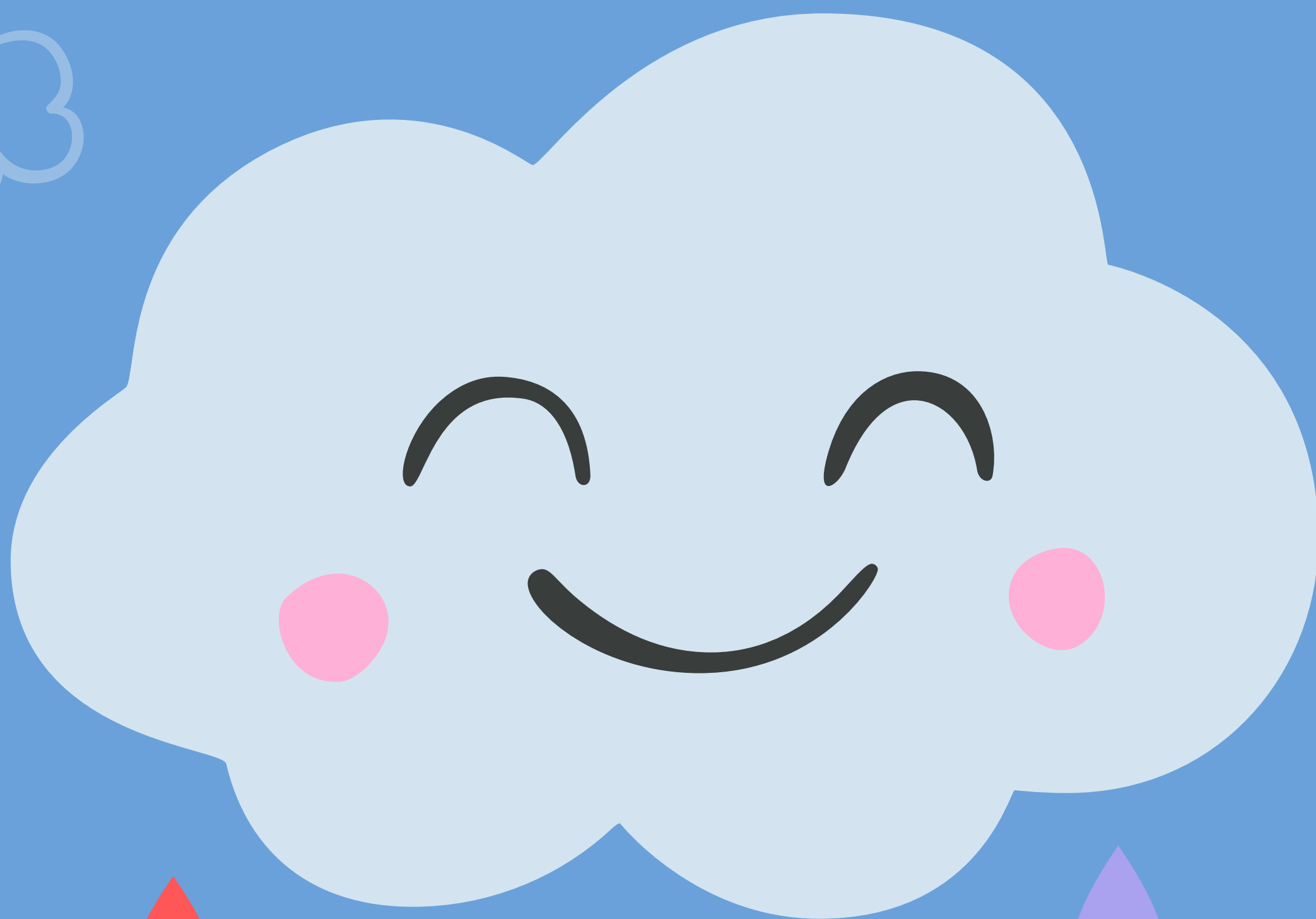
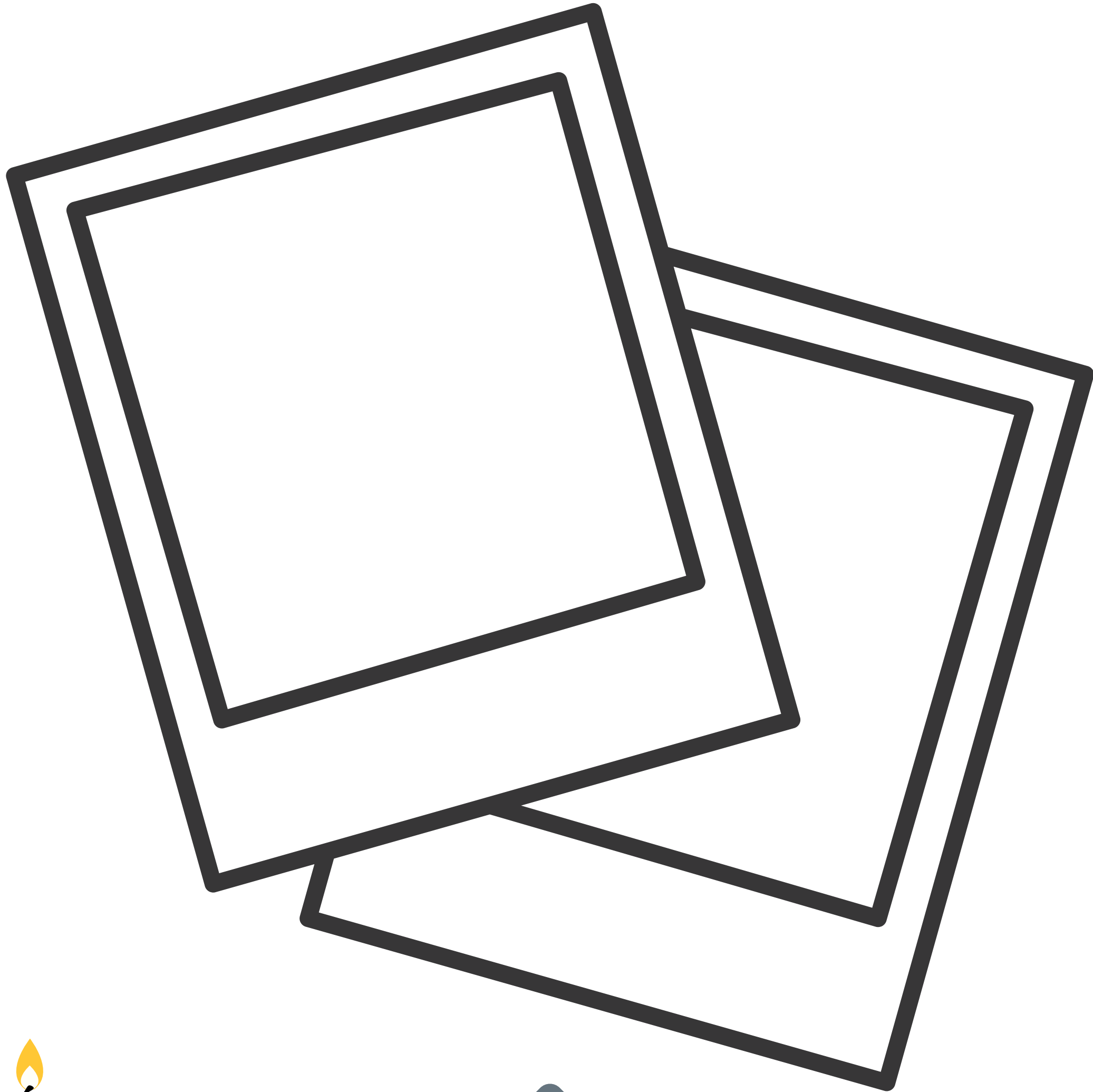


My Wellbeing Journal



Name:

ALL ABOUT ME!



Birthday



Family



Dreams

School Subjects

Hobbies / Activities

Animals

My
FAVOURITE
Things

Foods

Places

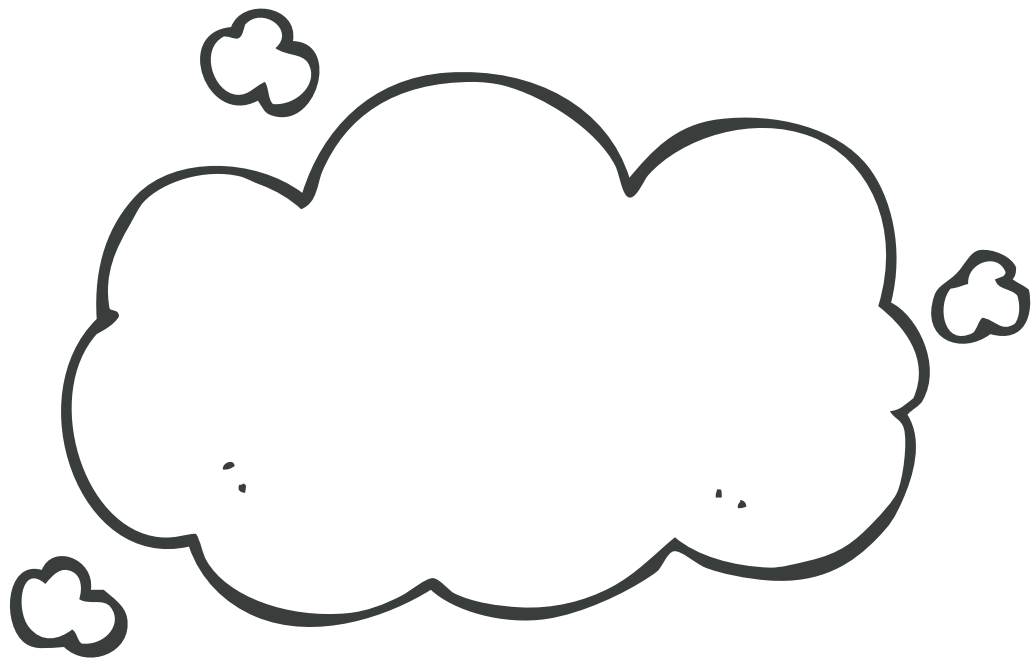
Movies / TV / Netflix

BACK TO SCHOOL!



Feelings

Draw a face in the cloud that best describes how you feel. What makes you feel this way?



Questions

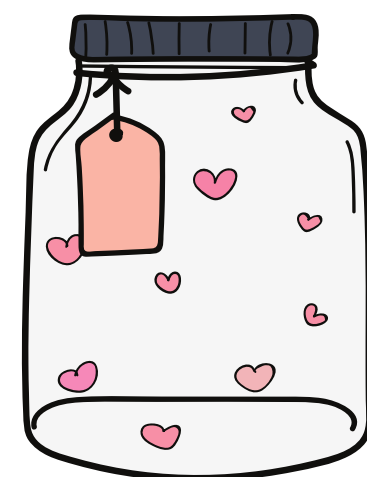
What questions do you have about this year?



What are you looking forward to?

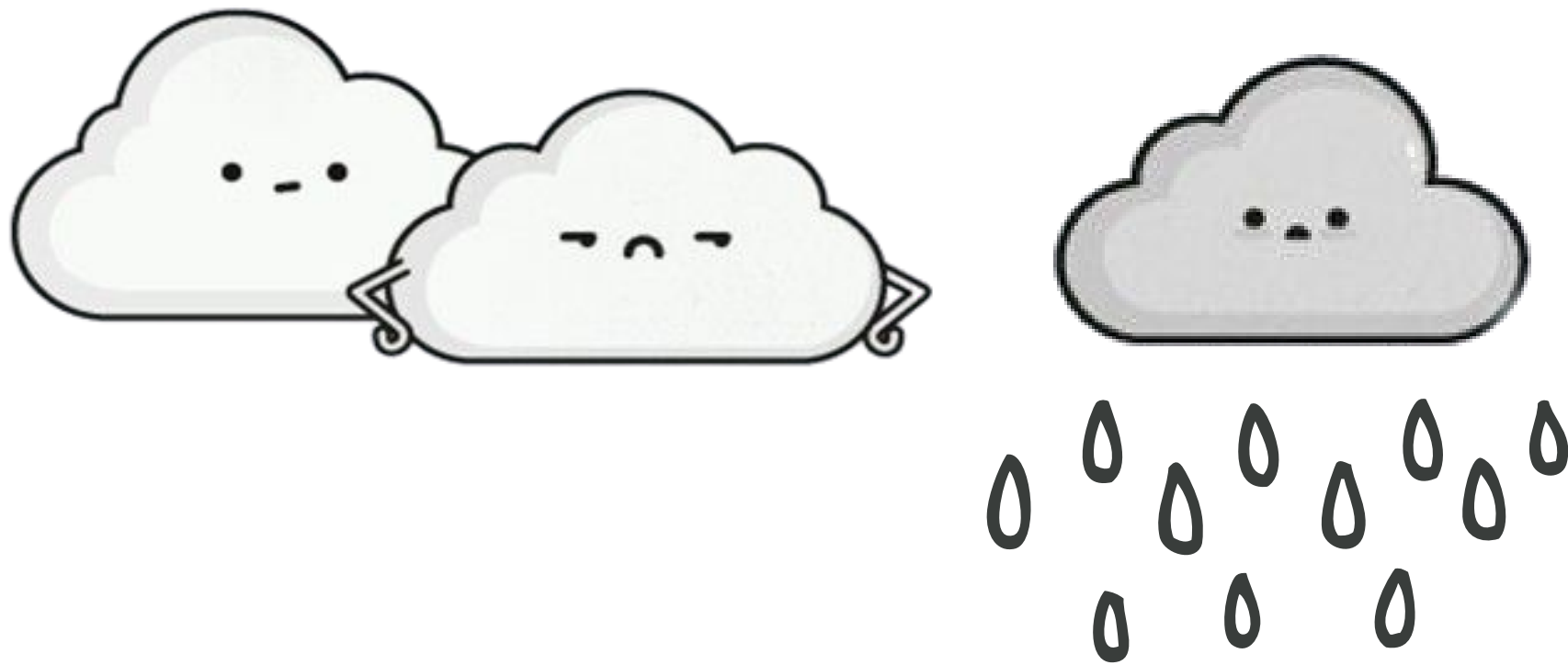


Favourite lockdown memory...



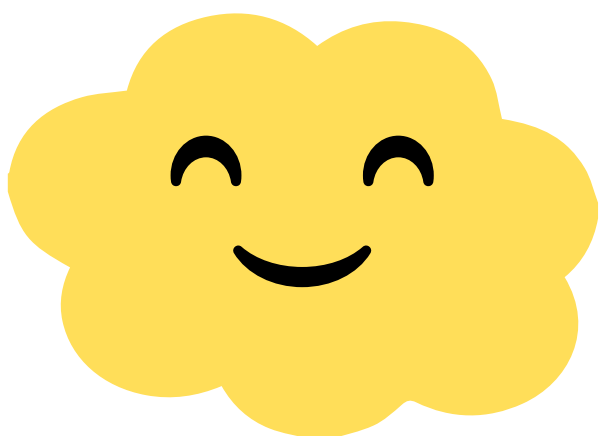
Let's Talk About Feelings!

Sorry, I couldn't hold it in any longer!

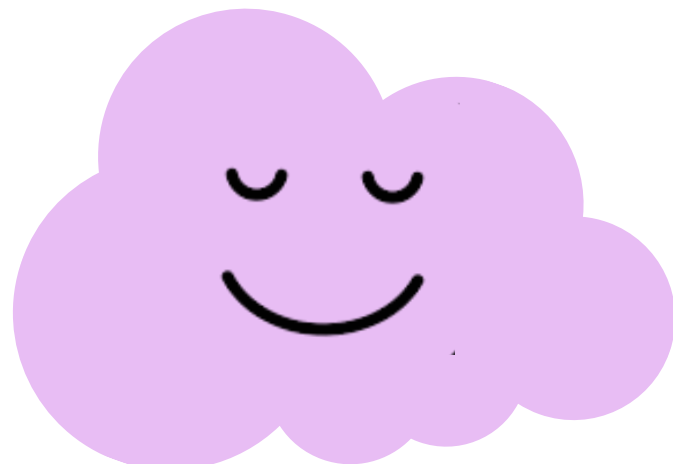


Feelings and our emotions can be good, bad and overwhelming at times. But don't worry, this is normal! Don't hold them in or keep them to yourself! Sometimes we can feel...

Happy



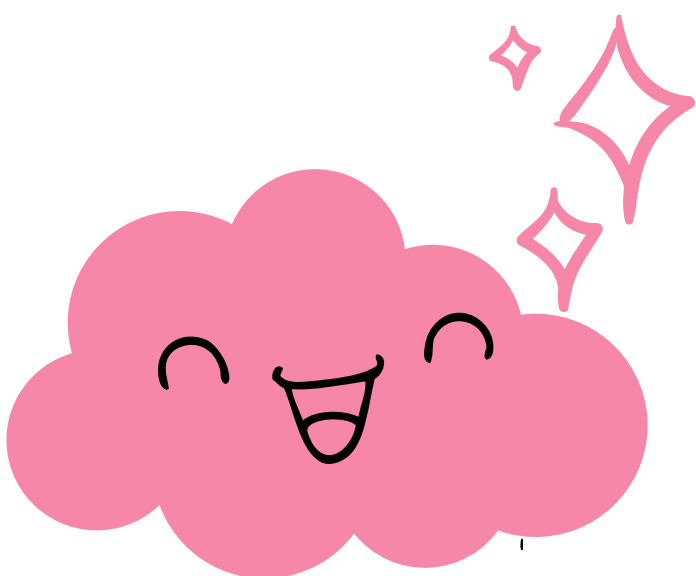
Calm



Angry / Frustrated



Worried



Excited



Sad



Proud



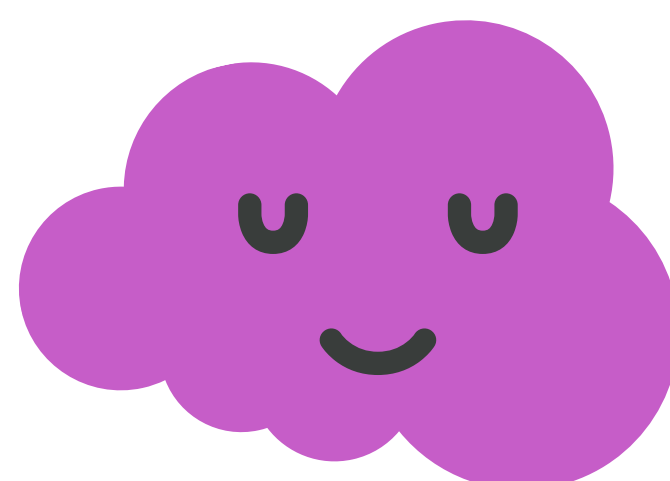
Scared



Tired



Confused

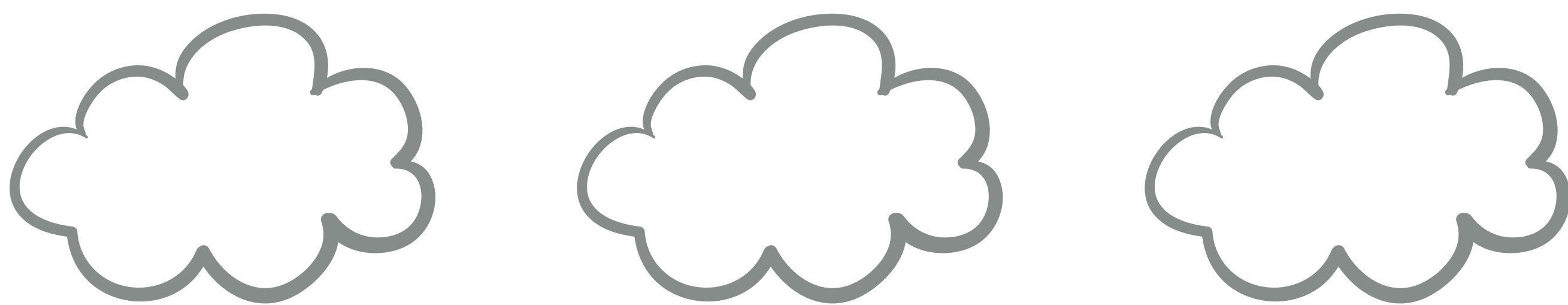


Safe



Annoyed

Other **emotions** we can
feel are...



Today I am **feeling**...



Why am I feeling this way?

What can I do?



When you
are feeling
overwhelmed,
take one
step at a
time



Managing My Feelings and Emotions

Our feelings and emotions are a bit like rain. We can start off feeling a little drip, which can either clear up or turn into an unexpected rain shower!



Sometimes we can get overwhelmed with how we feel. Especially when we feel BIG emotions like anger, frustration, worry, sadness etc. Let's work together to list some of the things that could help.

Talk to someone about how you are feeling.

Take deep breaths and try some calming activities.

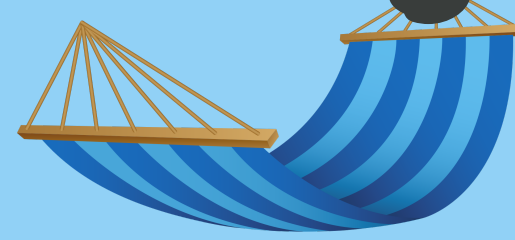
Managing My Feelings and Emotions

Choose an emotion (for example: feeling angry, sad, frustrated, lonely, confused, worried etc.) and in each raindrop, write down what might help you when you feel this way.

When I am feeling _____ I can...



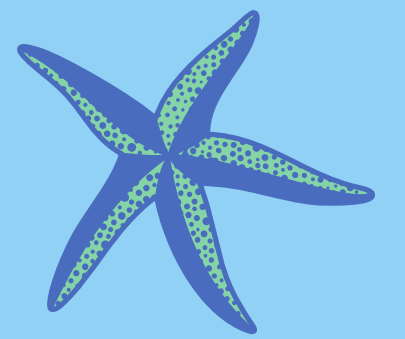
When I am feeling worried...



Welcome to 'Unworry Island'- a place you can imagine and visit whenever you need to!

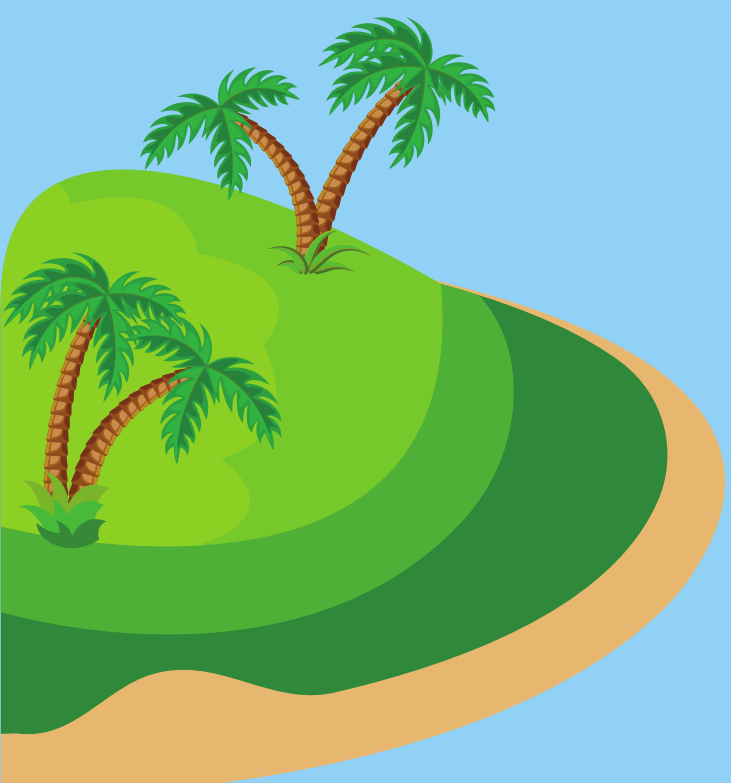
What do you eat? Fresh fish from the sea, fruit / vegetables you have grown? Or do you have cafes, restaurants and your own personal butler?

Where do you stay? A treehouse, a hotel, an igloo? You decide!

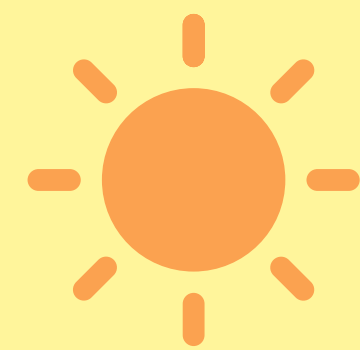


Who is with you?
What do you do for fun?

Visiting your island can help you relax, even if you just imagine it in your head!



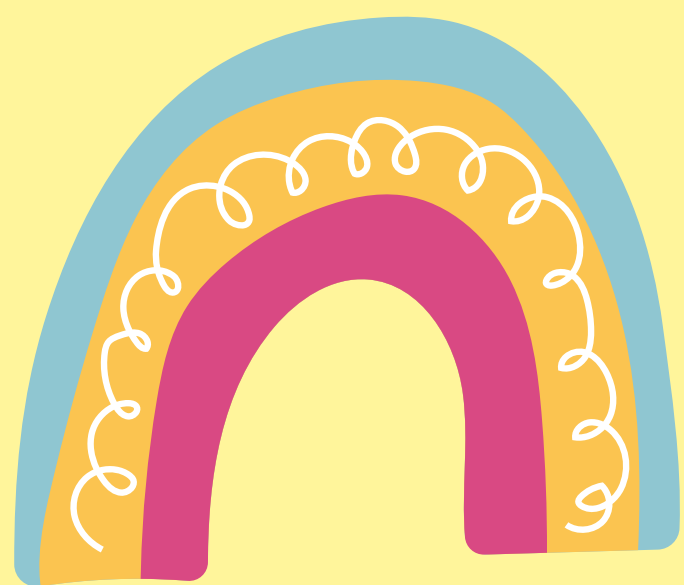
When I need cheering



Up...

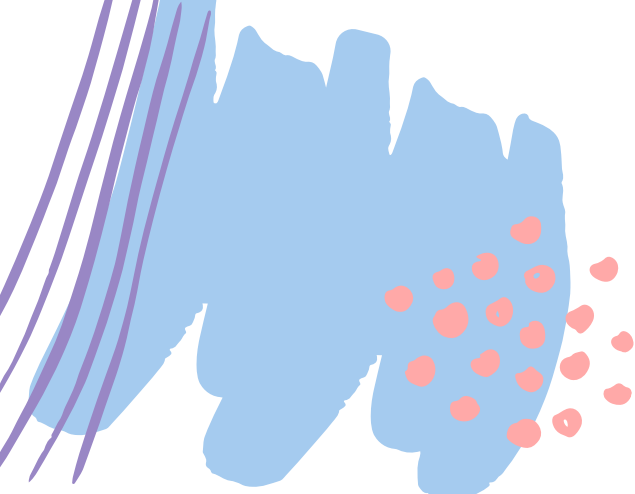
Laughing releases happy hormones in your body, helping you to feel better and more relaxed.

This page is dedicated to all the things you find funny. Write down some jokes, make up some silly words or draw a funny picture! Anything that you can look back at and laugh!



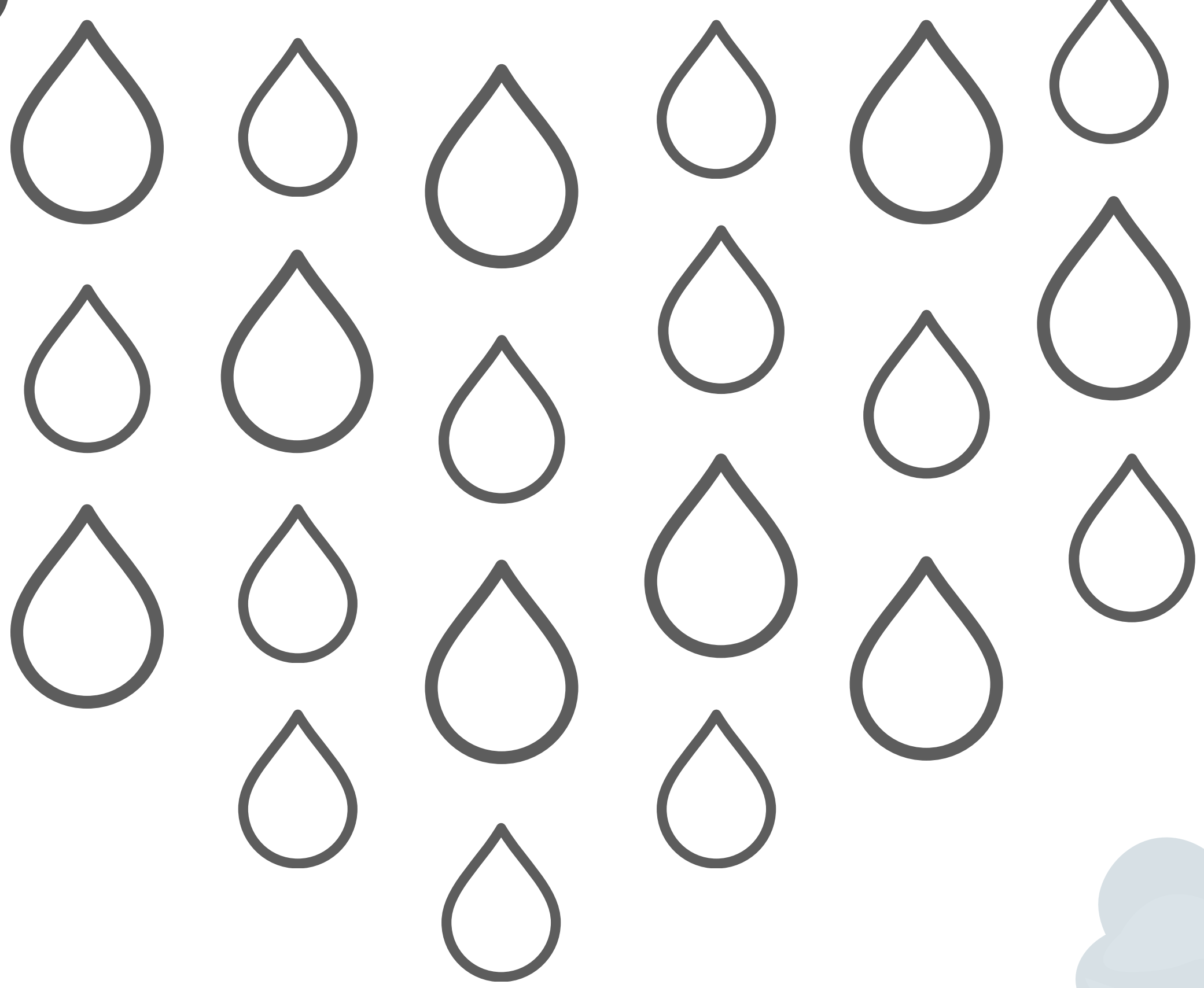
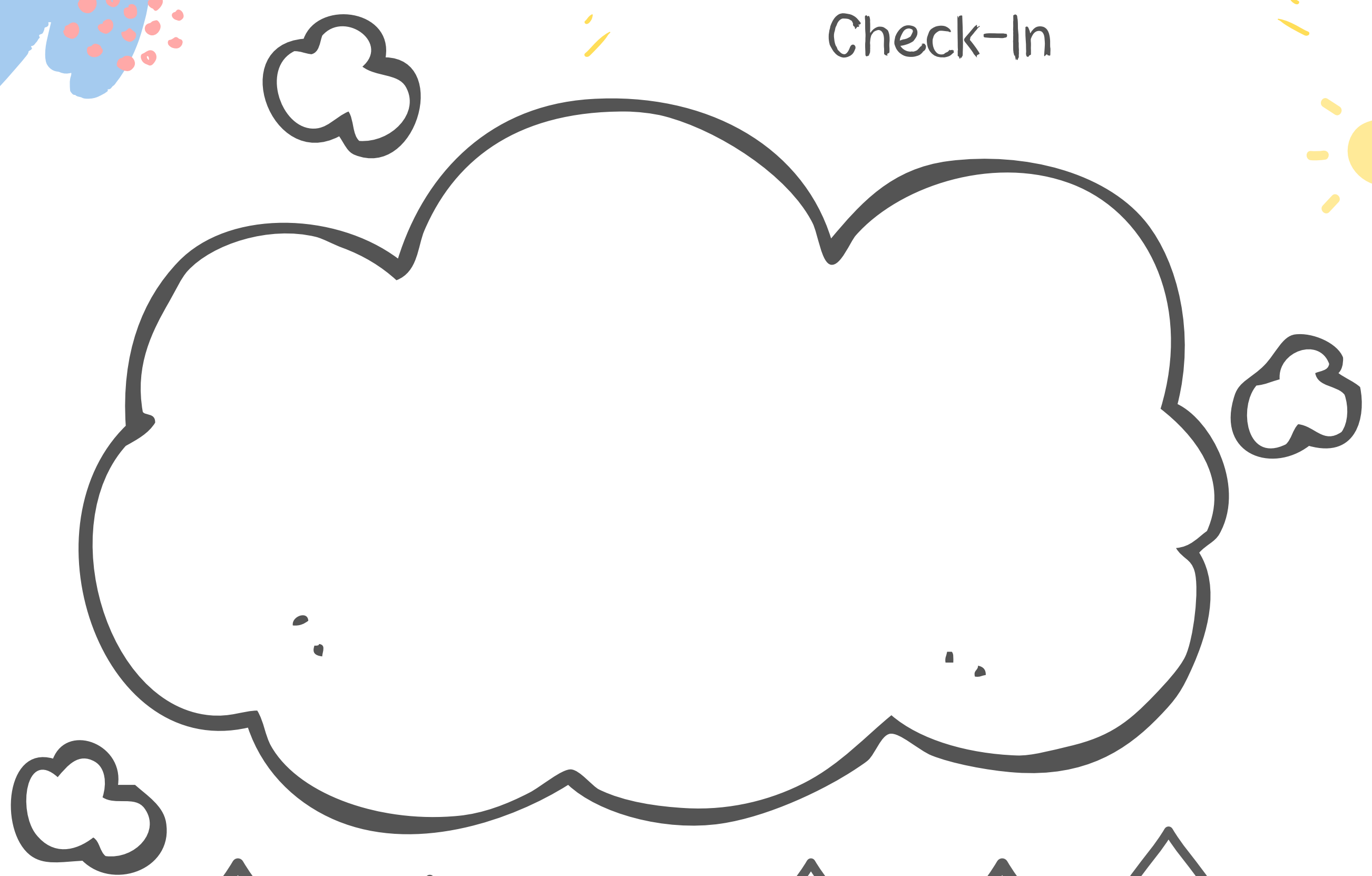
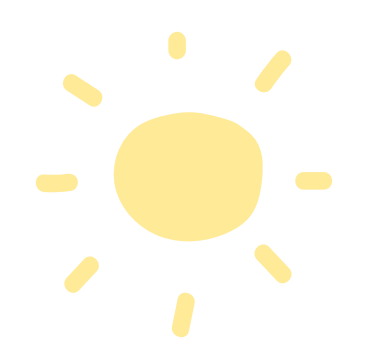
A large white rectangular area with a yellow tab at the top left, intended for writing or drawing.

Do you have a funny story to tell or can you remember the last time you laughed so much it hurt? Write about it here:



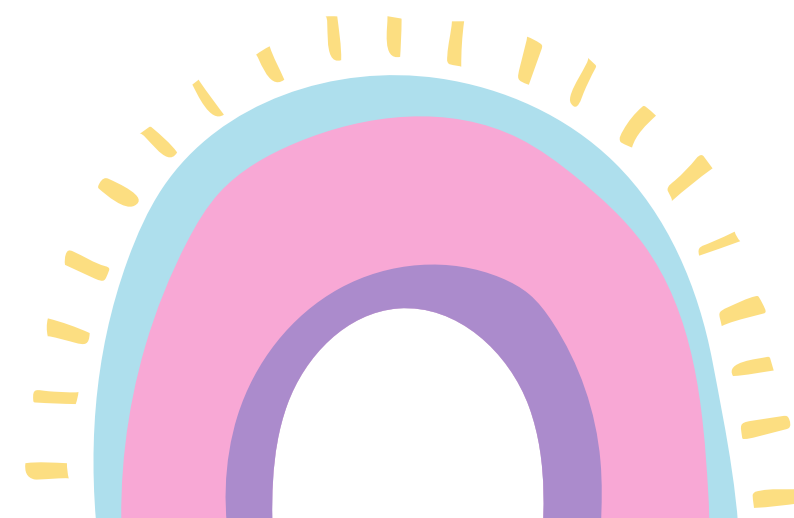
Feelings Cloud

Check-In



How am I feeling?

Colour a raindrop each day to show how you're feeling. Inside the cloud you could write a word that describes how you feel or a reason why you feel this way. Record the good and the bad, it's ok not to be ok.



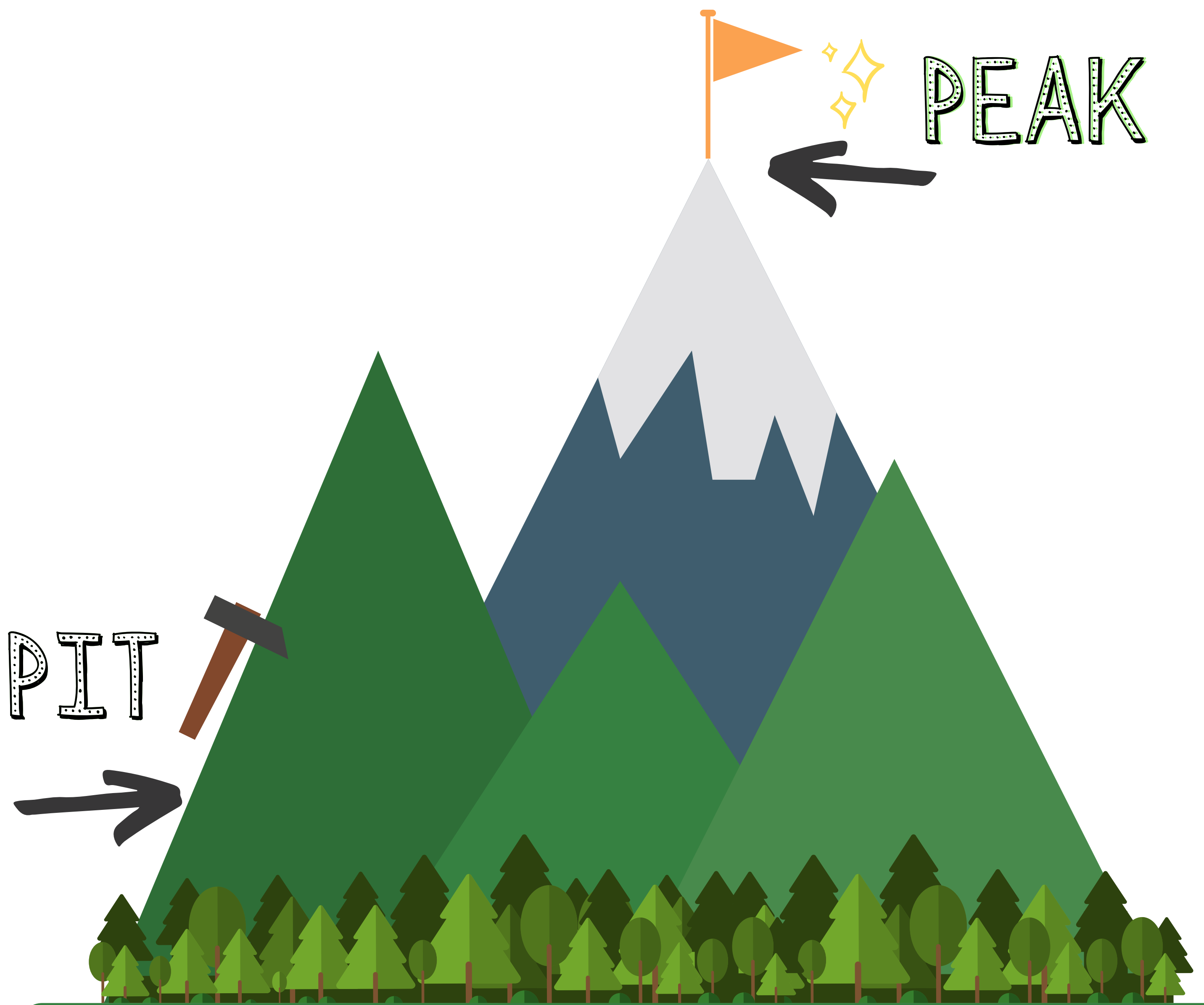
When I'm faced with a **challenge...**

PITS AND PEAKS

Each day will have 'pits' and 'peaks'.

The 'pits' are the low and challenging parts of your day. The 'peaks' are the awesome parts of your day - your highlights and achievements.

Even though the 'pits' can be tough, try thinking of ways you can get through them or who can help you. You could even think of how to turn them into 'peaks'.



PITS AND PEAKS

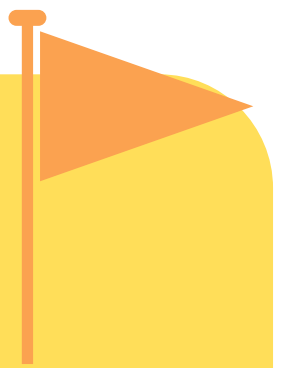
List some of your 'pits' and 'peaks' from today.

What did you (or someone else) do to help your 'pit' turn into a 'peak'?

PITS



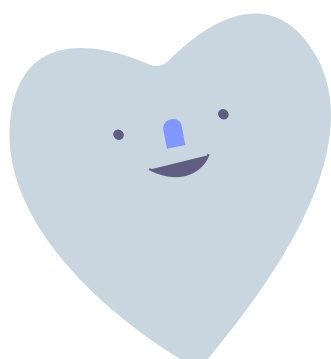
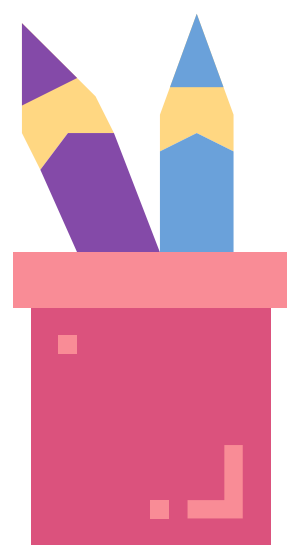
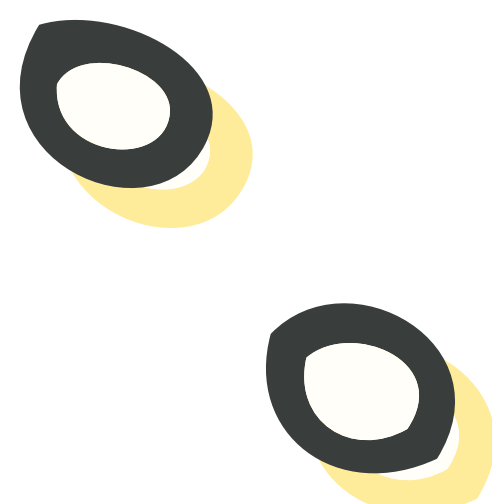
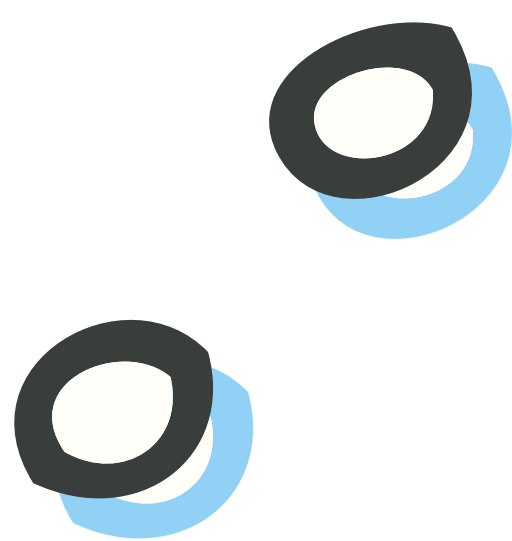
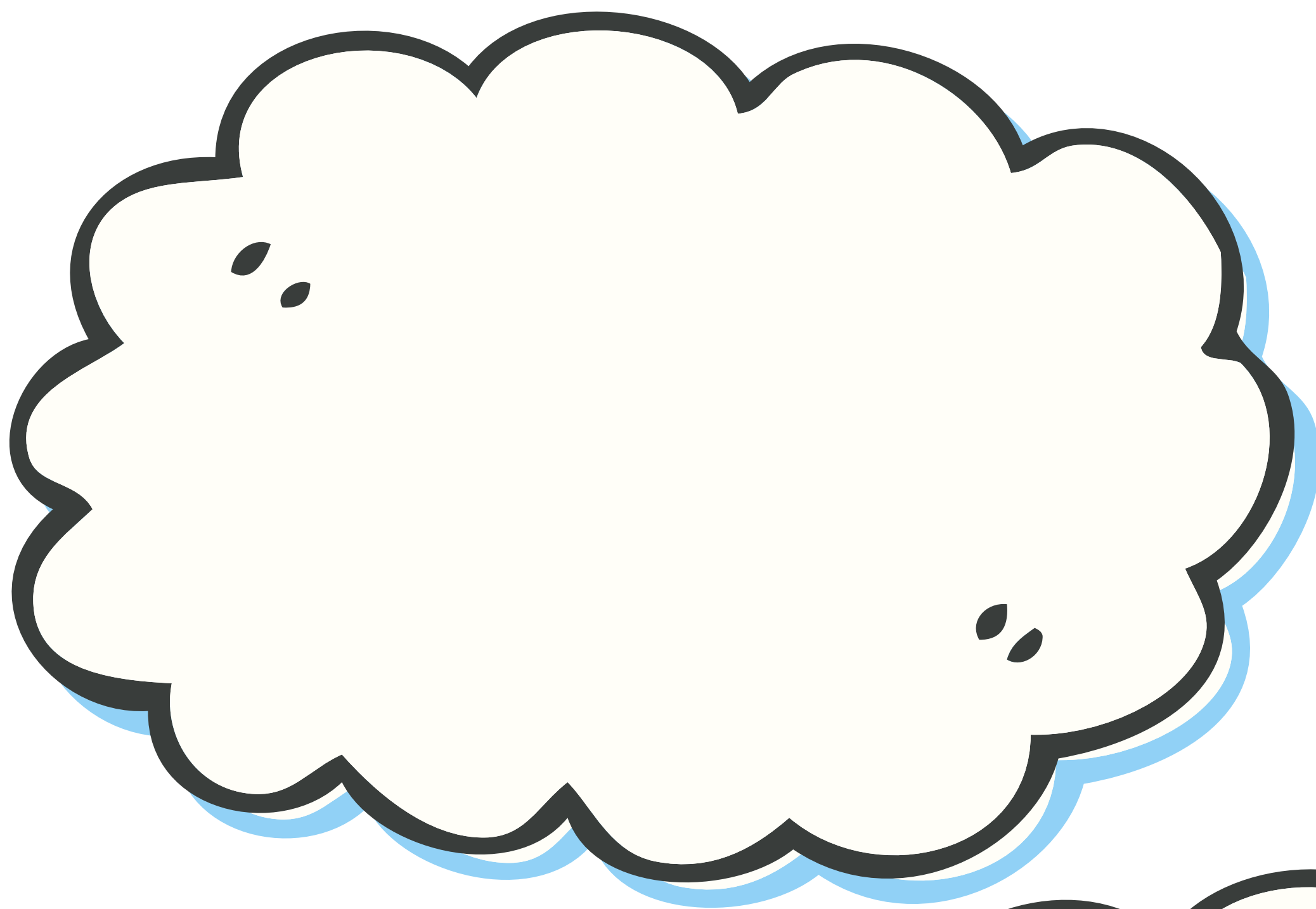
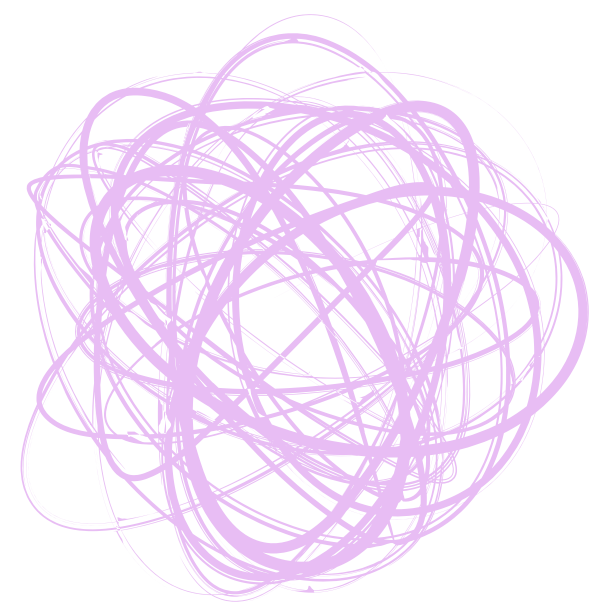
PEAKS



WHAT DID YOU DO?

Scribble Thoughts

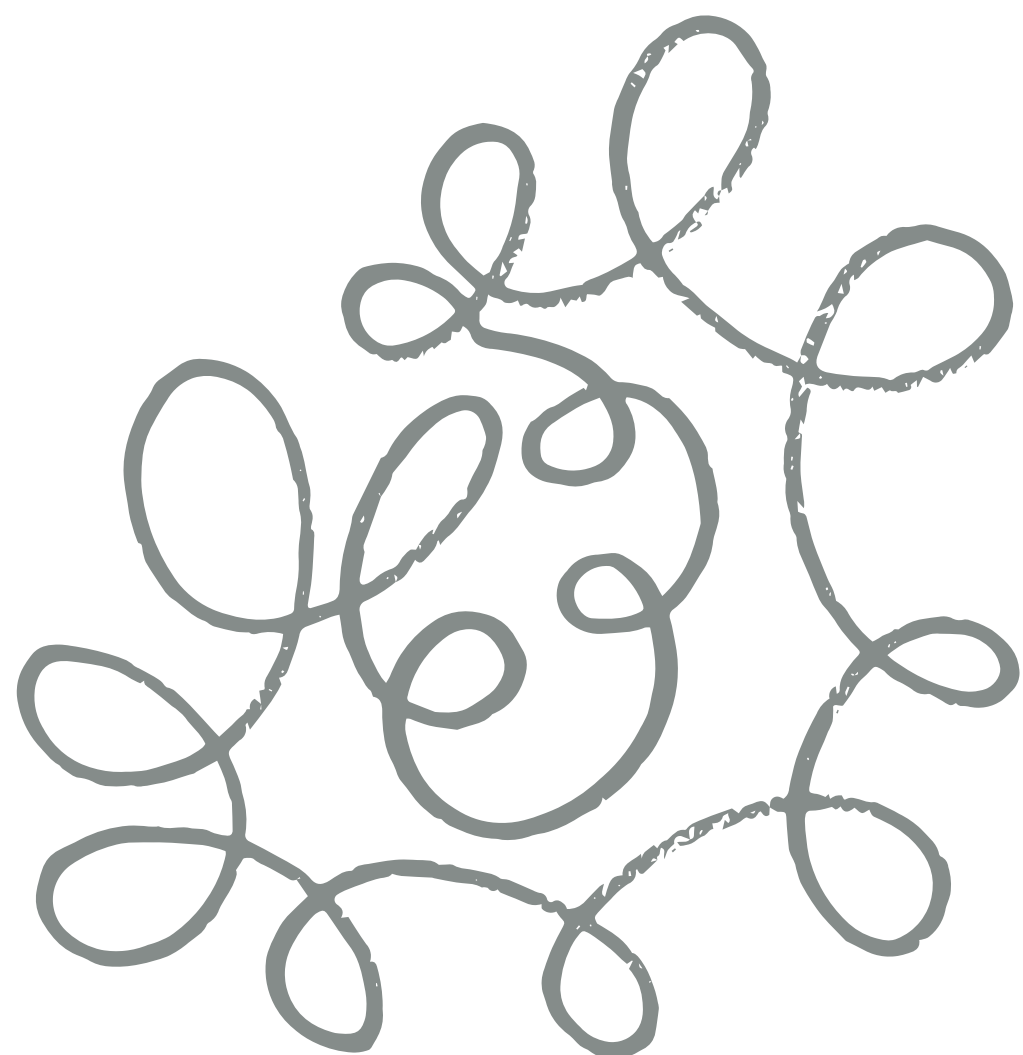
In the bubble, draw or write down anything that is in your head today. It can be worries, ideas, inventions, hopes, dreams, plans - anything you're thinking about! Getting things out of your head and onto paper can help untangle your thoughts and free your mind.



Scribble Masterpiece!

Everyone makes mistakes. They are a part of life and learning!
Don't be afraid to make mistakes, accept them and learn from
them.

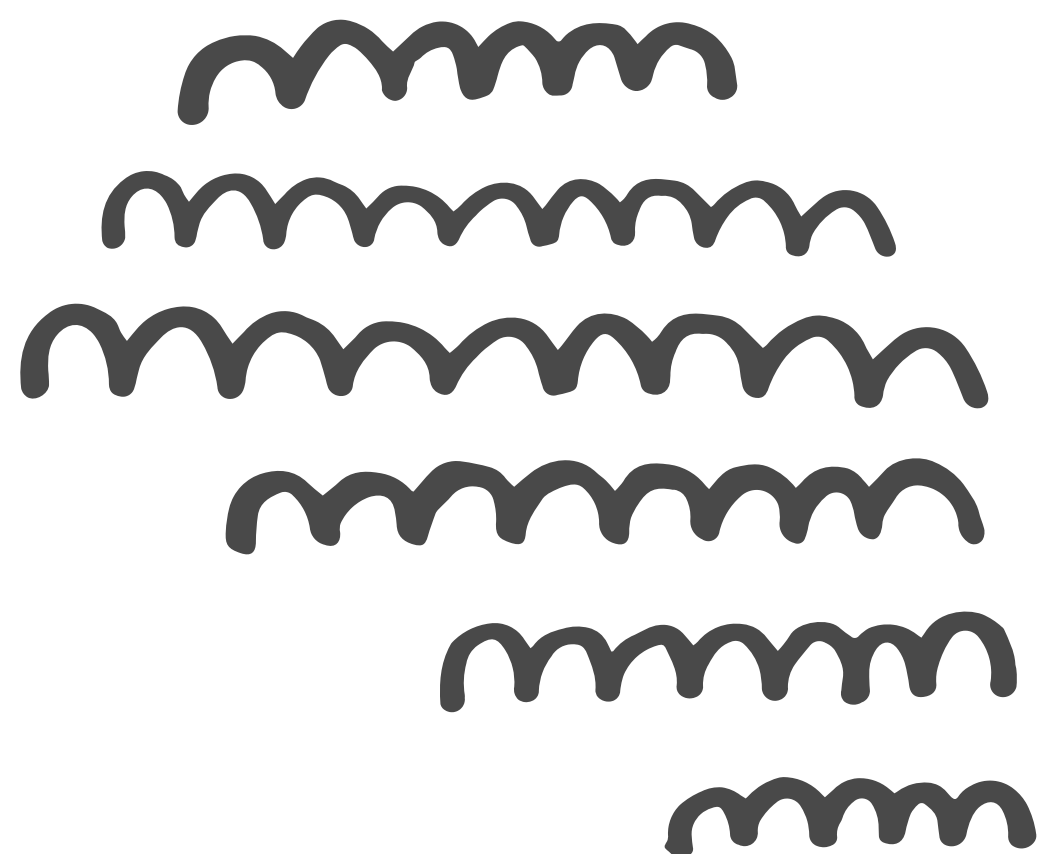
Use your imagination to turn these mistakes or 'scribbles' into
something better than before!



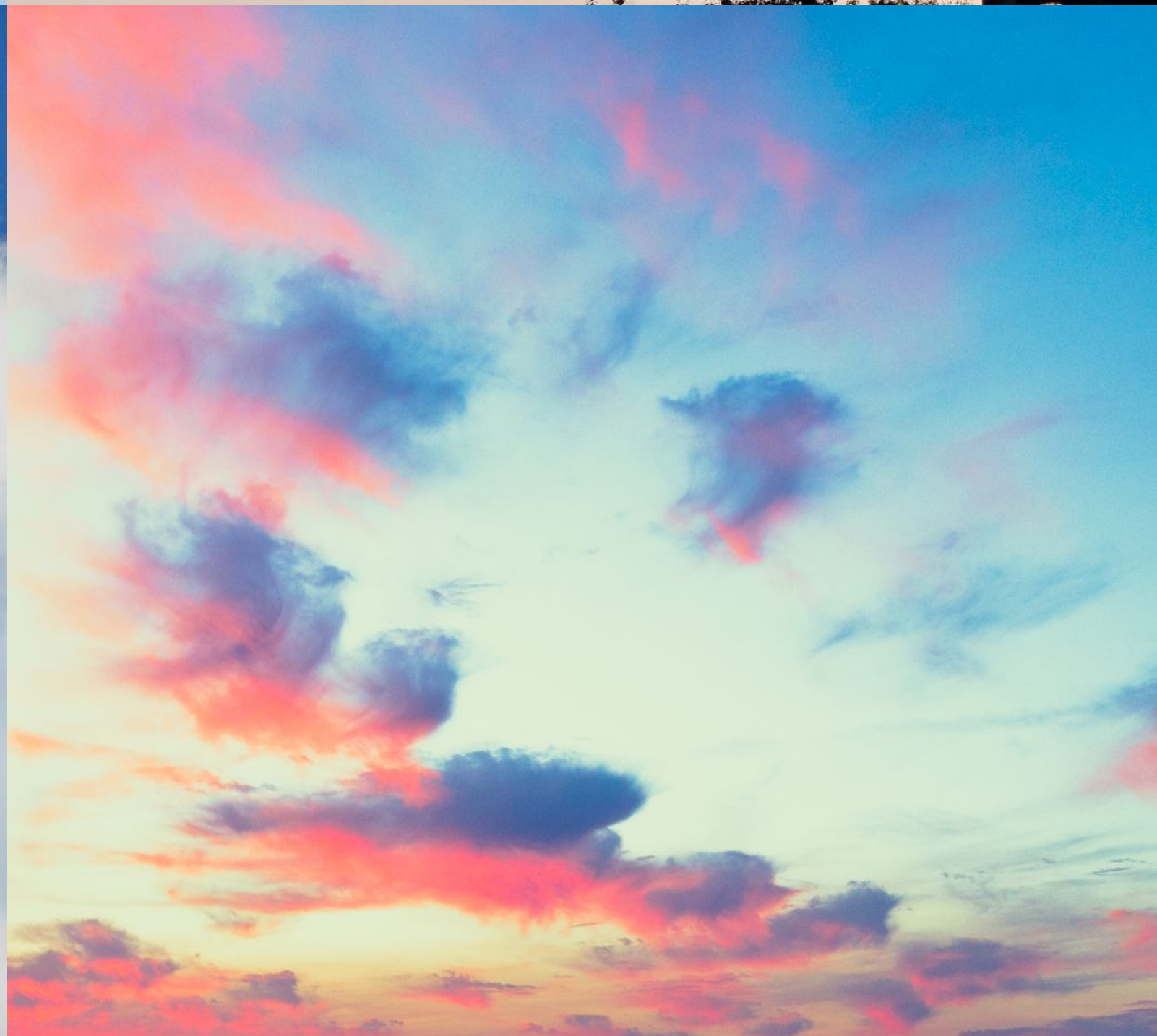
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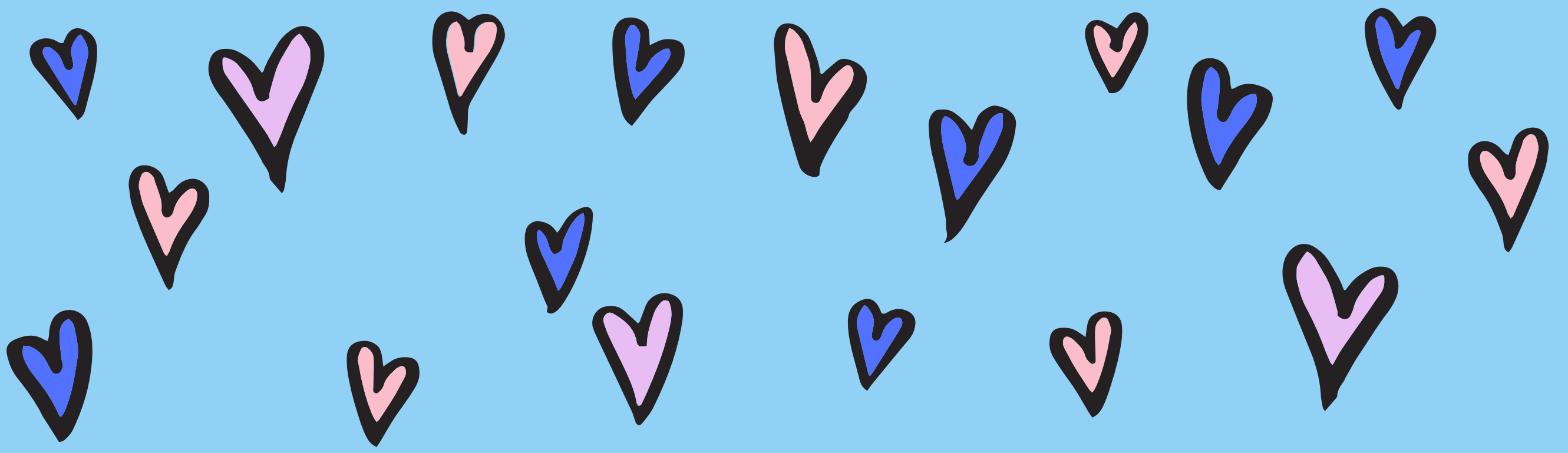
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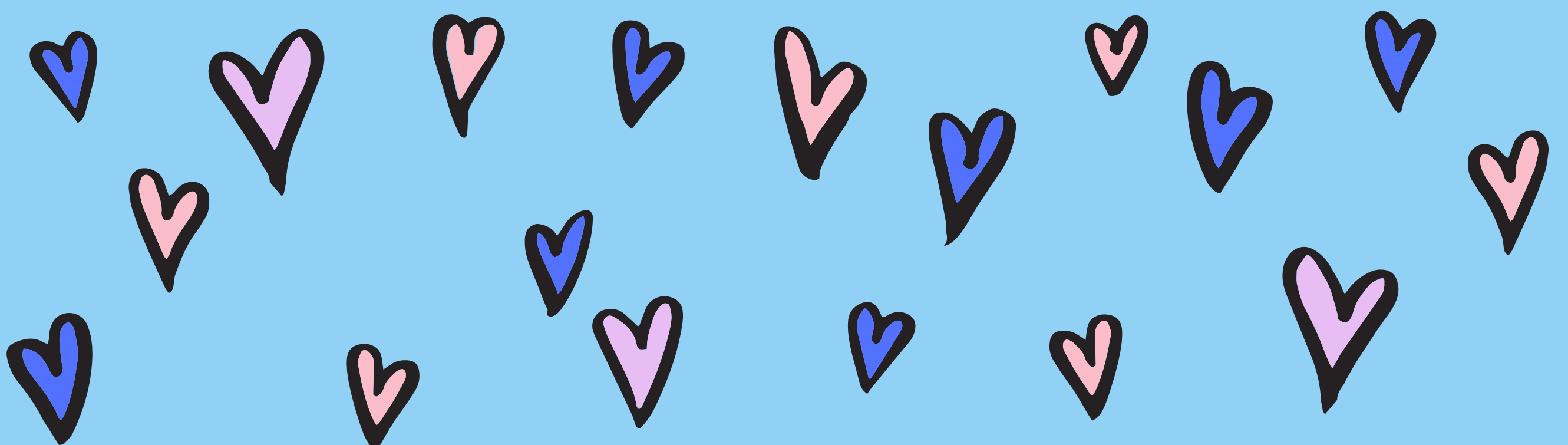
Cloud Cartoons



Take some time out of your day to do this calming activity. Can you create a cloud cartoon like the examples above?



Be kind
to
yourself!

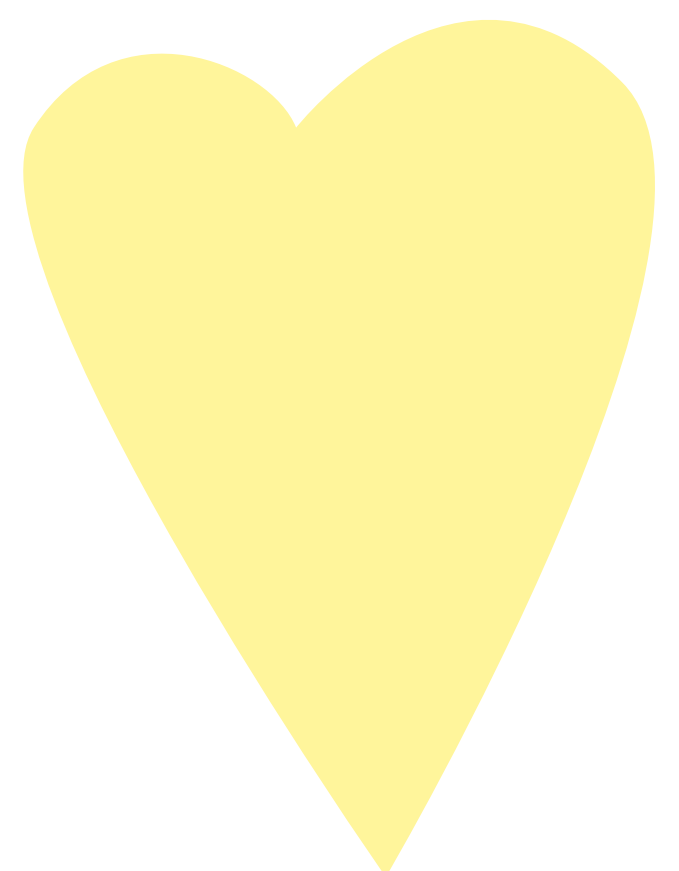
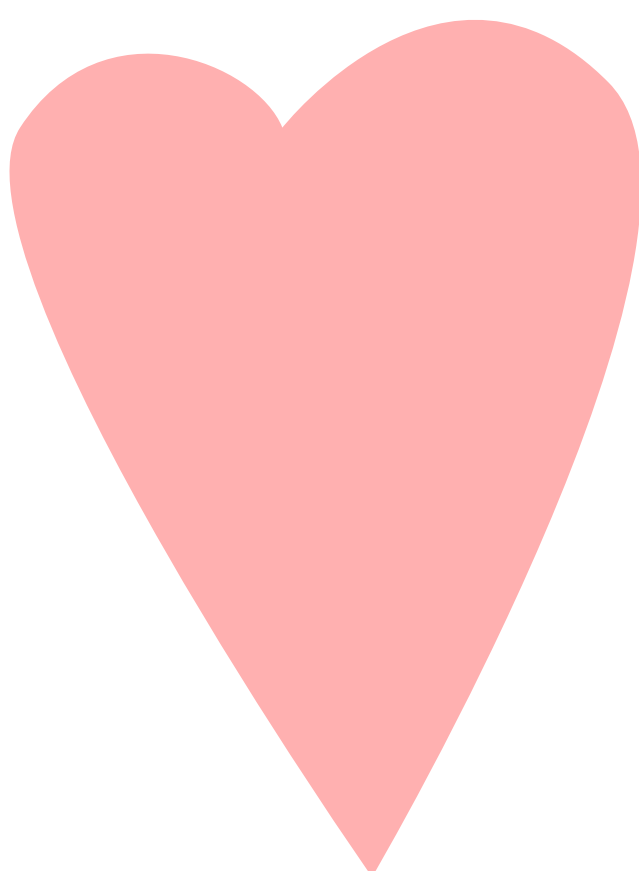
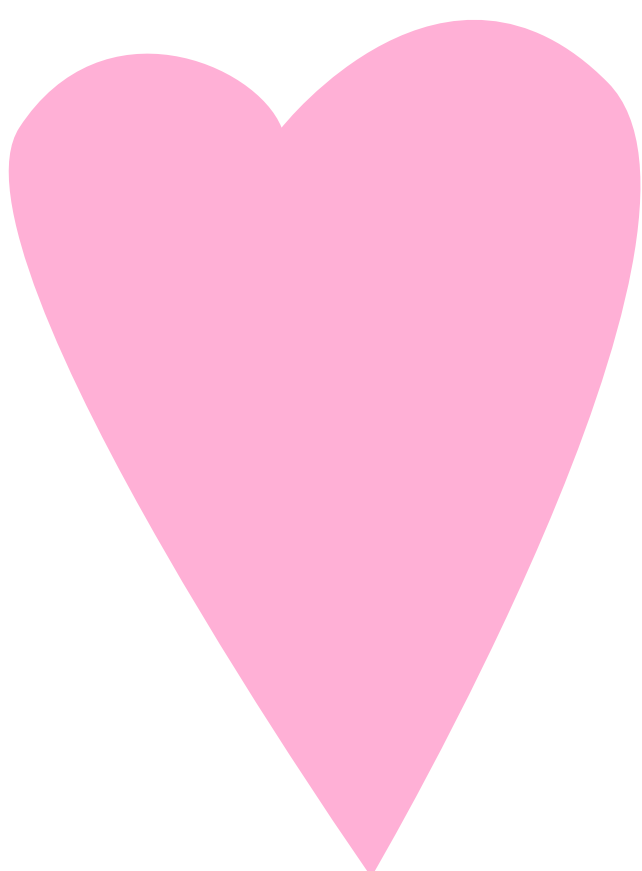
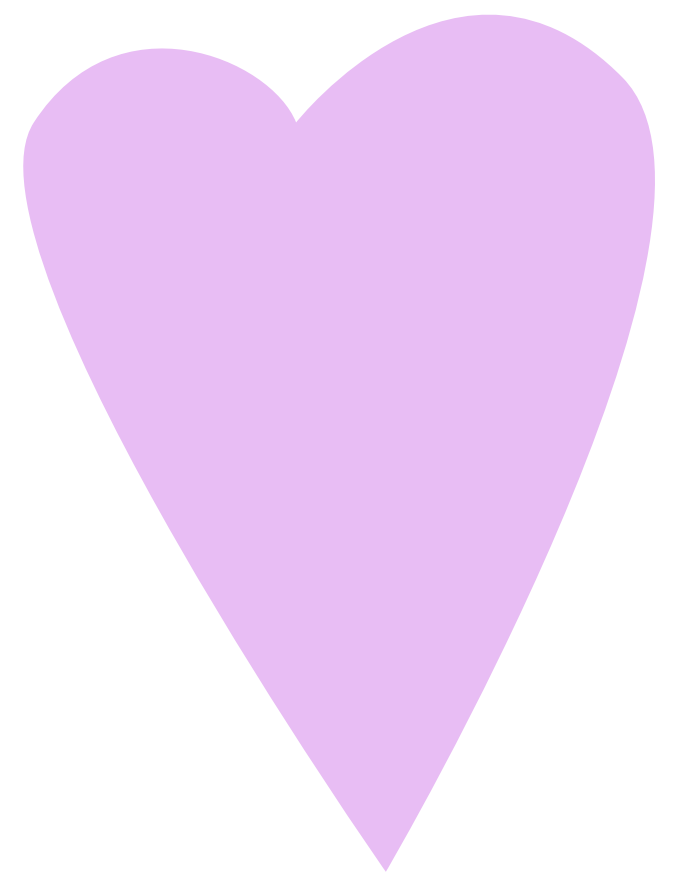
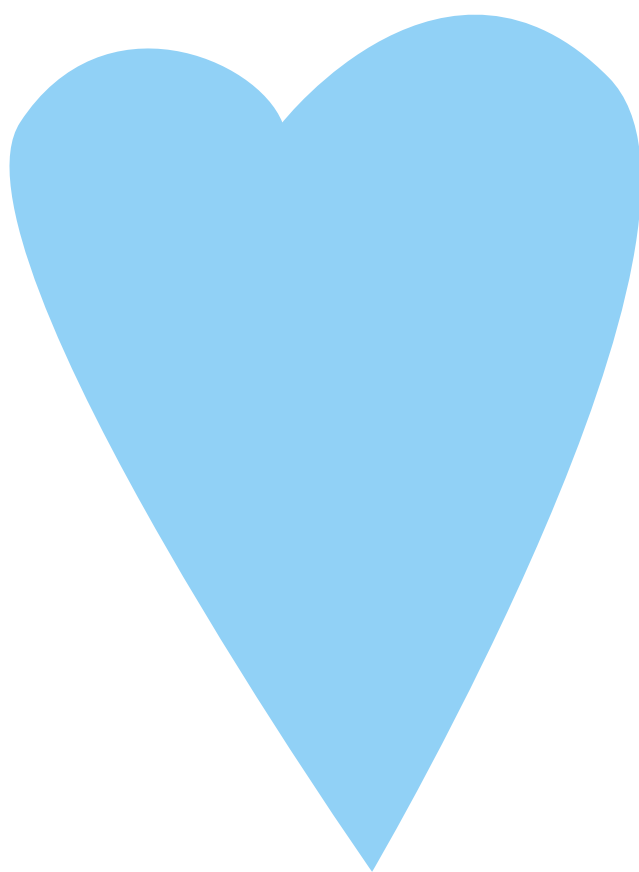
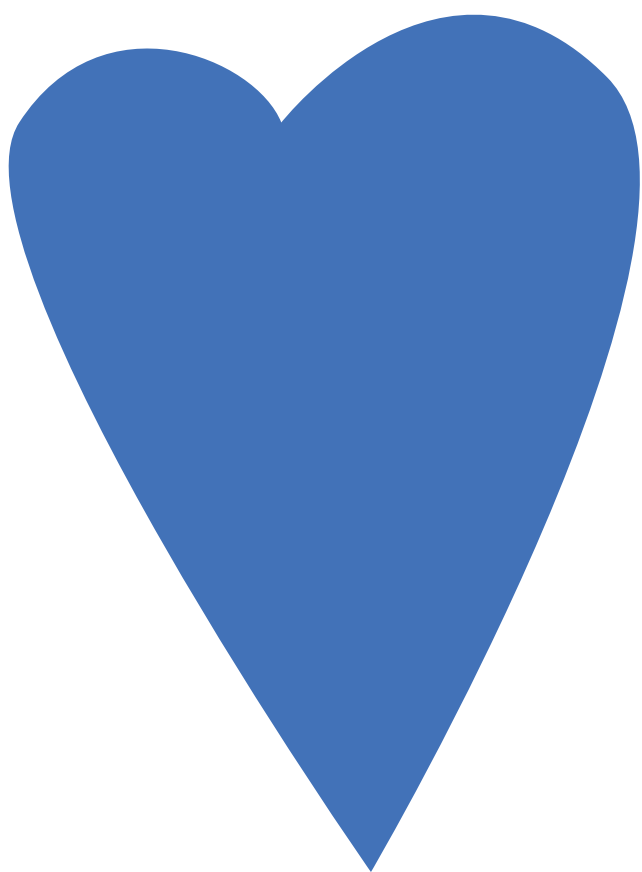
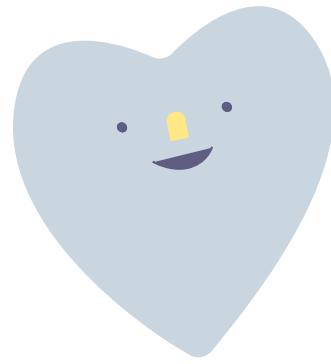


Positive Affirmations



Positive affirmations improve our well-being, our confidence and our mood because we are filling our mind with positive thoughts! It involves taking the time to be kind to yourself, recognising your achievements and what you're good at! Write some positive affirmations for yourself in the hearts below.

Examples could be: I am thoughtful, I am determined...

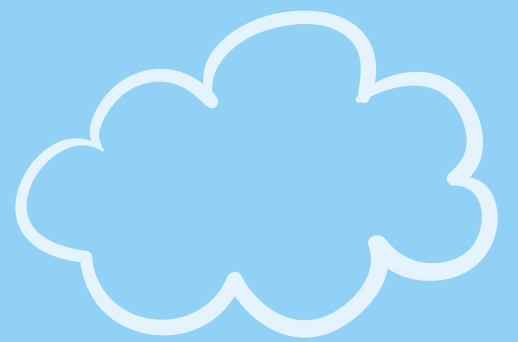
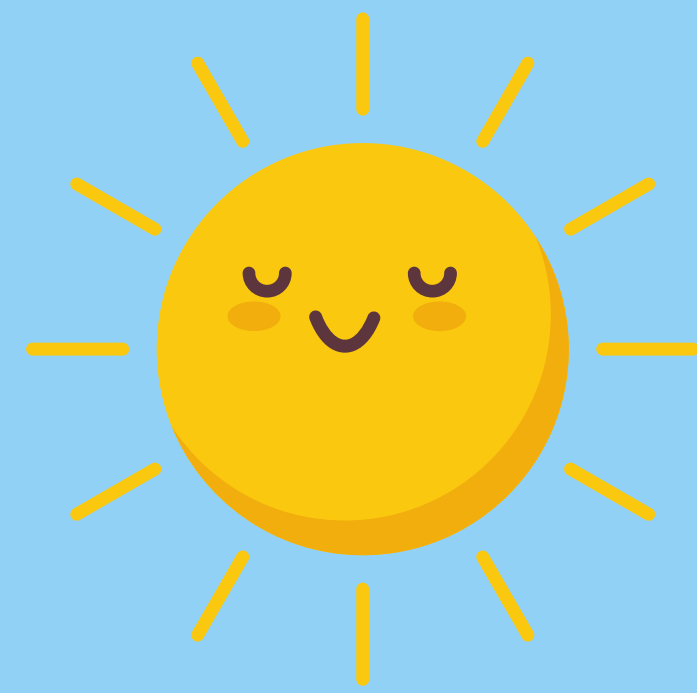


Be Proud of Who YOU Are!

Sometimes we can feel like we aren't good enough, like a failure and like we just can't do something. That's why it's important to think of all the things we CAN do. All the strengths we have and what makes us proud to be us!

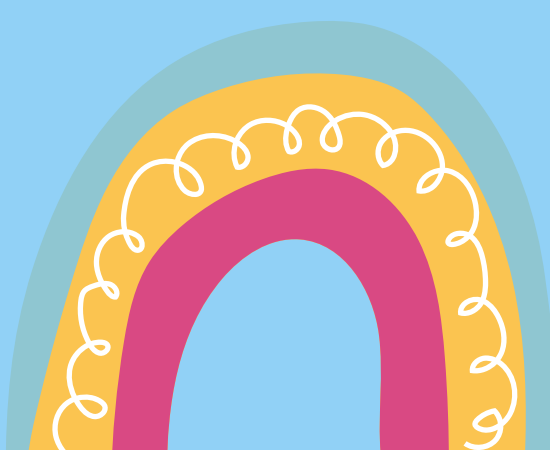
Fill in each 'proud cloud' and add in more when you're having a rainy day.

I am proud to be me because...



I am really good at...

I like myself when...



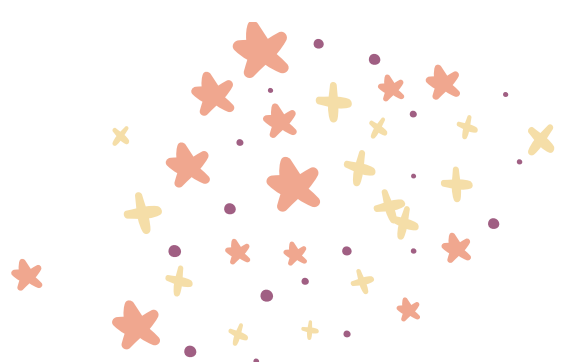
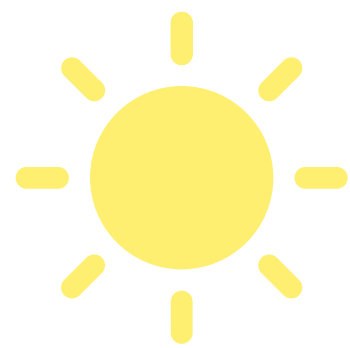
Gratitude - 3 Good Things

Take the time to be thankful for the little things that make you smile each day. List '3 good things' that have happened today.

Date:



Date:



Find the magic in little things...



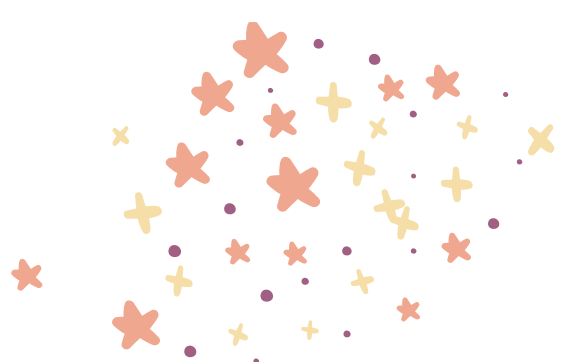
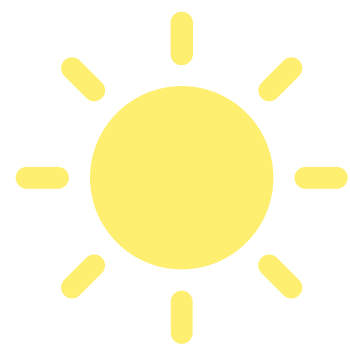
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Date:



Date:



Find the magic in little things...



Gratitude Prompts

Reflect on and complete the sentences...

A memory I am grateful for is...



A challenge I am grateful for is...



Something money can't buy that I am grateful for is...



A strength of mine that I am grateful for is...



