



My Wellbeing Booklet



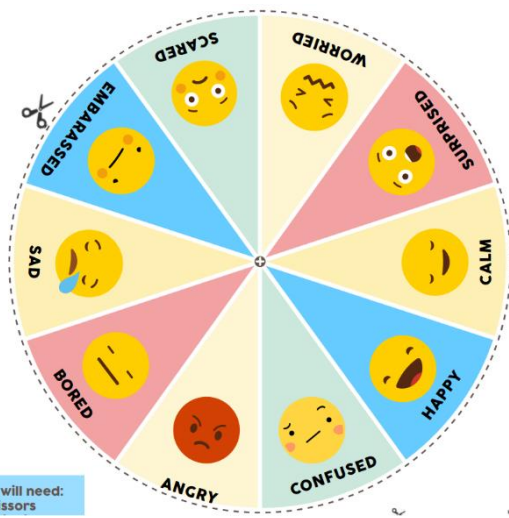
Name: _____

Year: _____



How to use this booklet

This booklet is personal to you, and your own thoughts and feelings. You can complete the activities in any order you choose and it's up to you whether you decide to write or draw pictures.



You will need:
- Scissors

It's perfectly normal to feel many different emotions throughout the day. How you feel can change minute-to-minute, hour-by-hour or day-by-day.

Expressing your feelings and emotions is healthy. If you struggle to find the right words to explain how you are feeling, draw a picture to help you understand.

Imagine life with out

- Love
- Joy
- Fear
- Sadness
- Surprise
- Anger

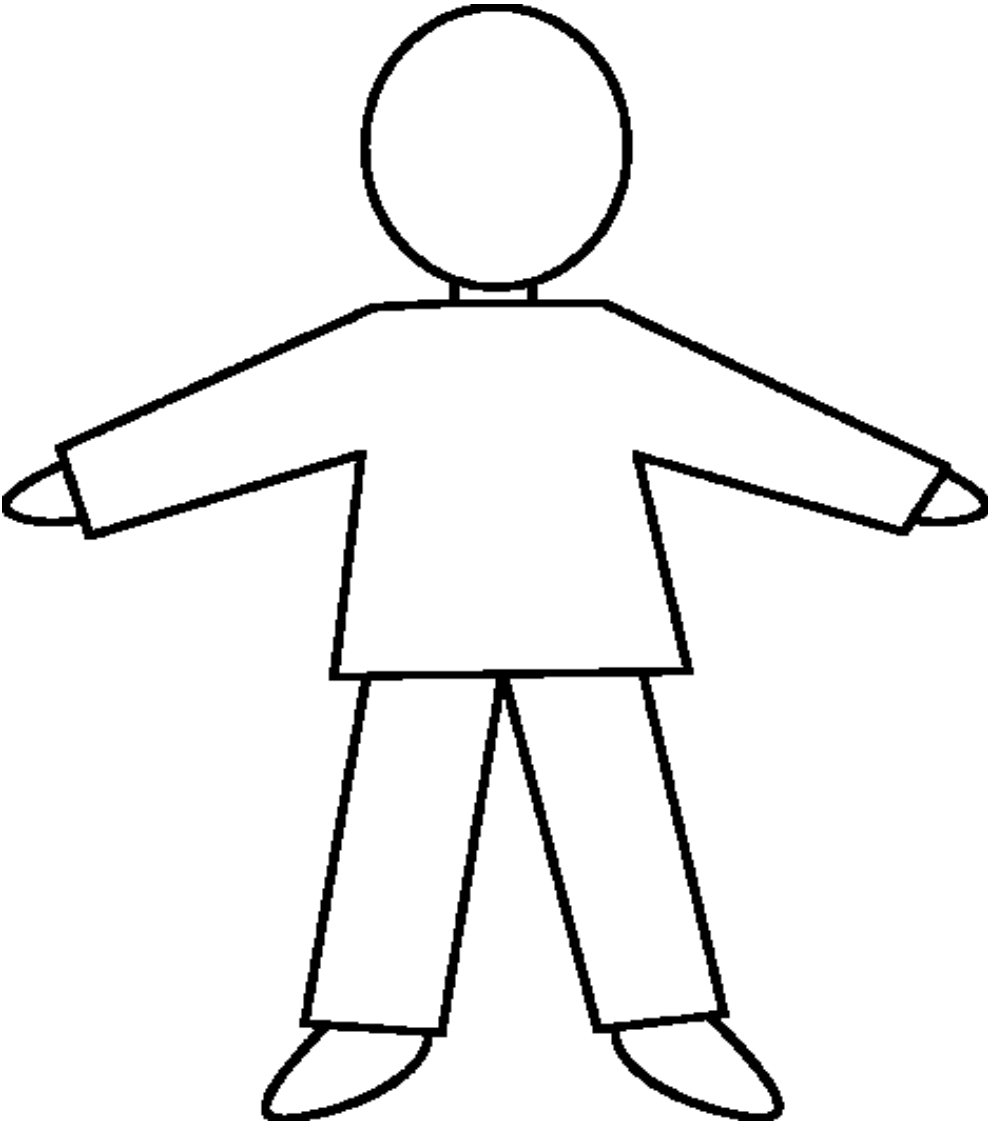




All about me...

All about me...

Write words or draw pictures to describe your thoughts, emotions and moods which indicate when you are feeling mentally healthy.



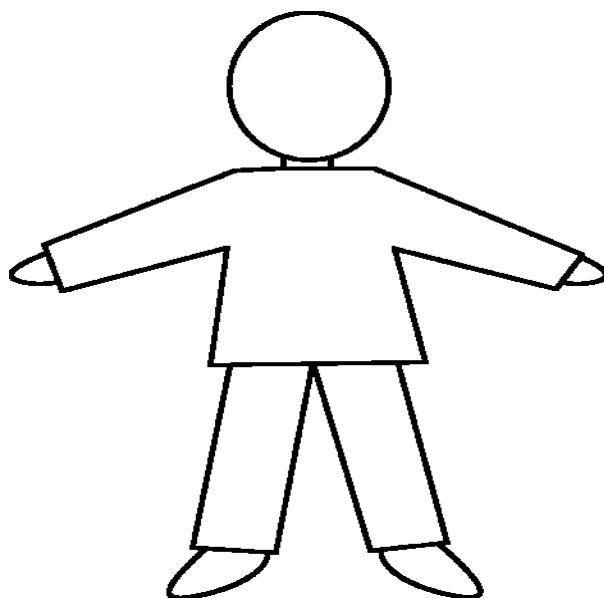
Strong	Happy	Confident	Loved	Positive	Assertive
Certain	Respected	Trust	Safe	Loving	Content
Secure	Excited	Relaxed	Calm	Understood	Cared For



Coping with change...

When I First Heard That School Was Closing I felt...

Now that school has been closed for several weeks, I feel...



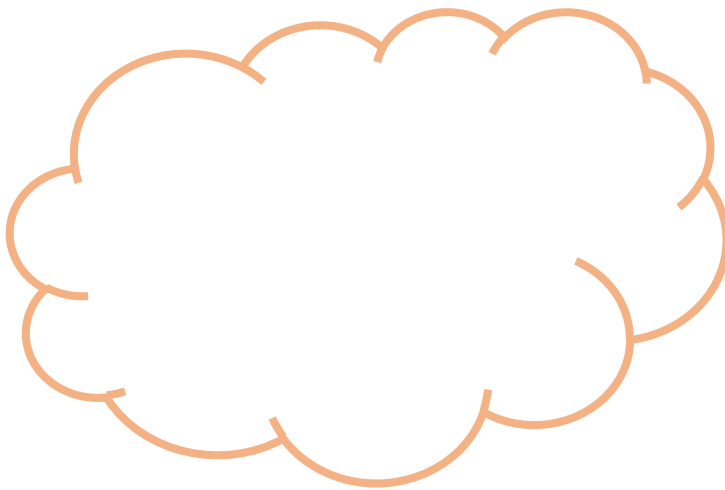
The things I miss most about school are...

The things I am finding more difficult are....



Proud Cloud!

Sometimes, we all forget how far we've come and what we've got to be proud of. In each cloud, write something you are proud of: e.g. improving in a subject, learning a new skill or being a good friend.





Looking ahead...

The things I miss most about normal life are...

The people I miss the most are.....



My future plans...

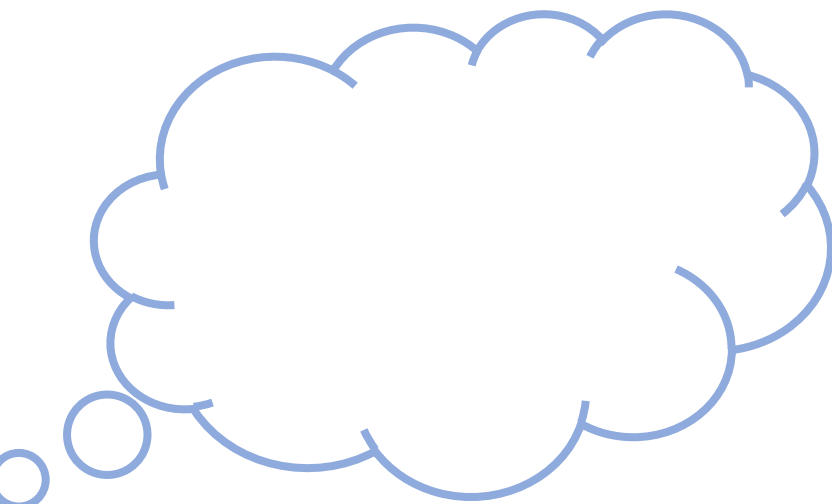
What would you like to do once lockdown is over?

What would you like to do once the pandemic is over?



My Worry Buster!

Write down some of the worries you have. Next to each worry, think about you can cope with the worry, or create a solution to the problem.





My Treasure Box!

In this box, you can include all the things that are special to you. Think about what you would put in a treasure box. This doesn't have to be only objects, it can be people, pets or things you enjoy.



What makes you feel good?

Write down, or draw, different things that make you feel good and give you high self-esteem: e.g. you might draw playing with your friends online, or doing a hobby.

Could you do one of these things each day?



I am amazing...

You're amazing! Let's remind ourselves why.

Can you finish these sentences?

I feel proud when I...

I have fun when I...

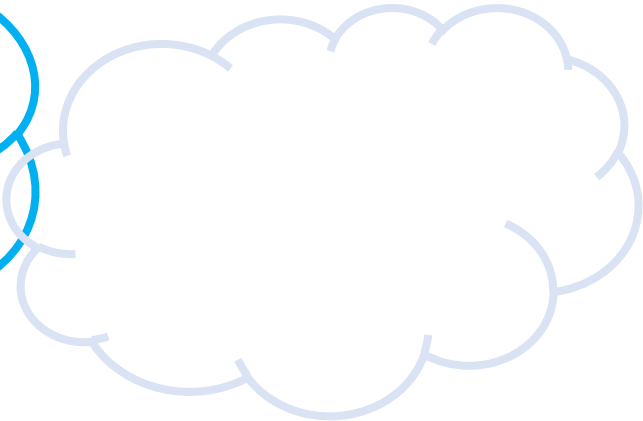
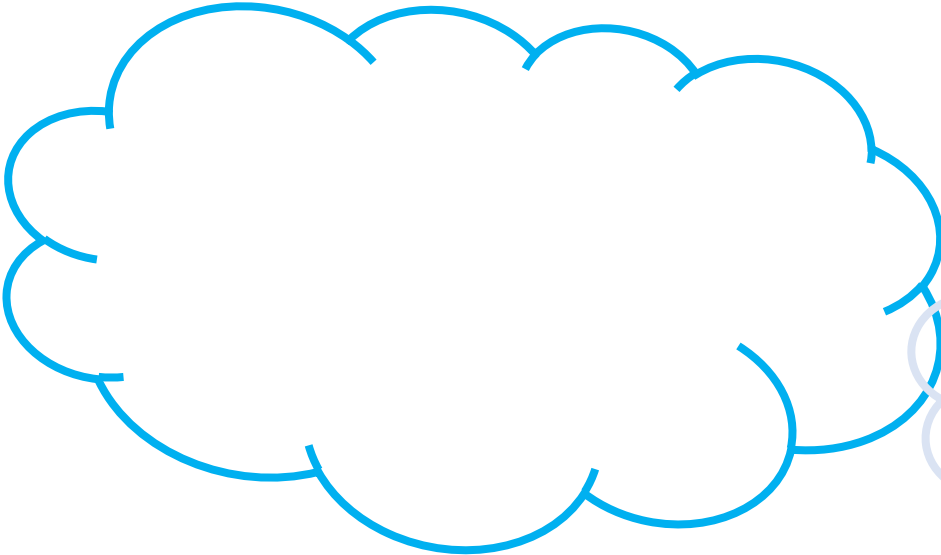
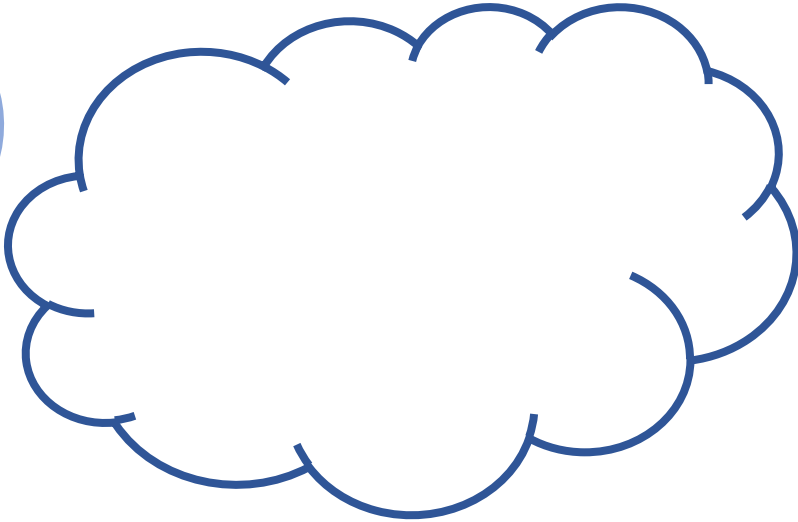
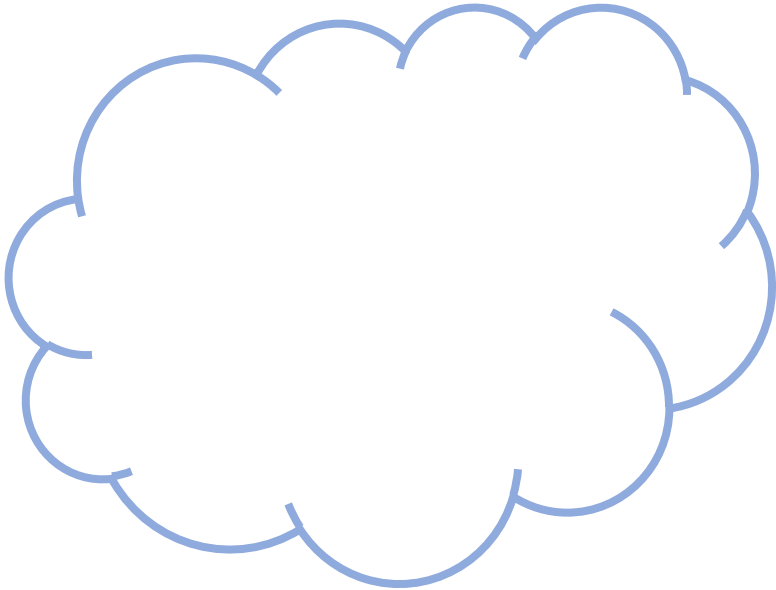
This half term, I have done well at...

Next half term, I will try...



And, relax!

It is important that we all take time to relax. This helps us calm down and control our emotions. In each cloud, write a way that you relax and un-wind: e.g. reading a book or playing a game.





Going back to school...

Write / draw three things that you are looking forward to doing when you return to school. This could be learning a new subject, seeing your classmates again or improving a skill!

