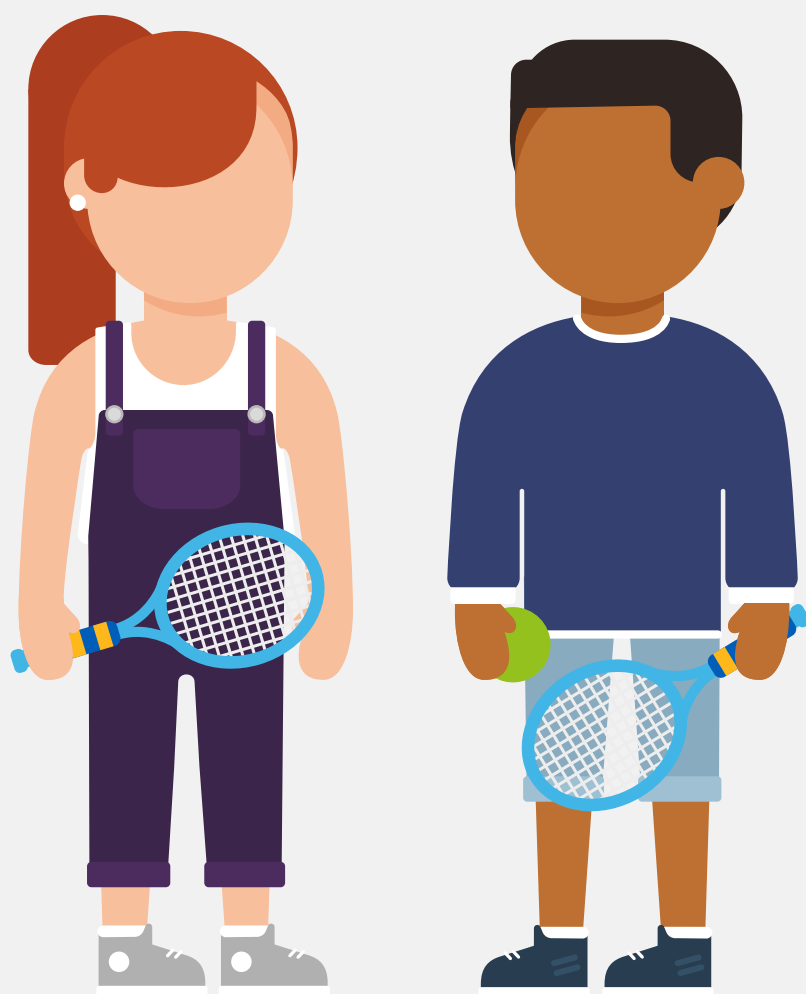


# My Wellbeing Journal

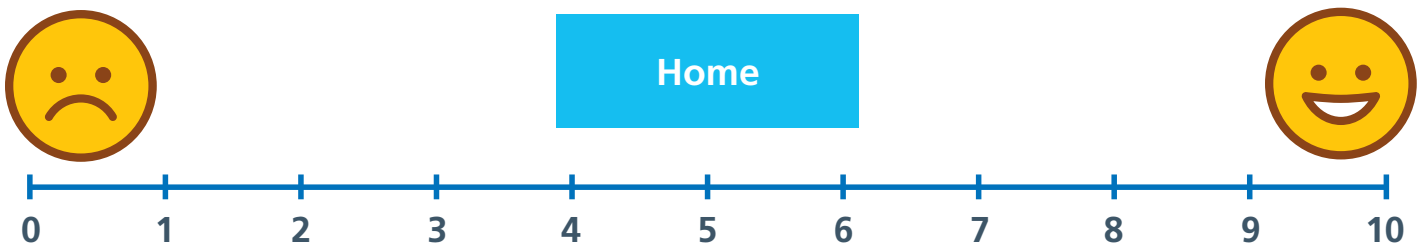
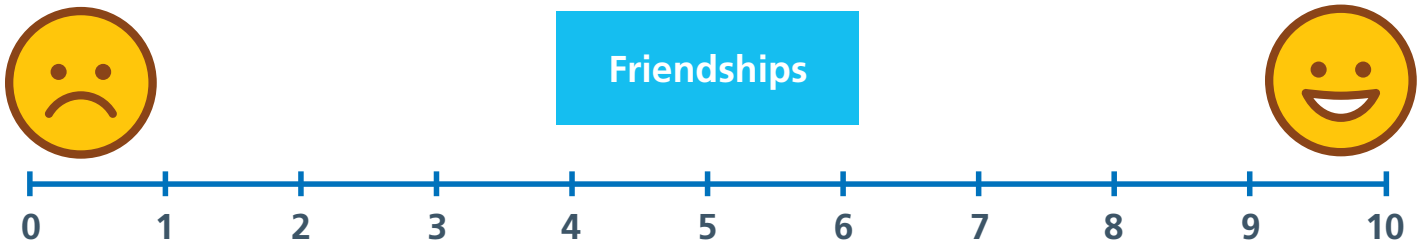
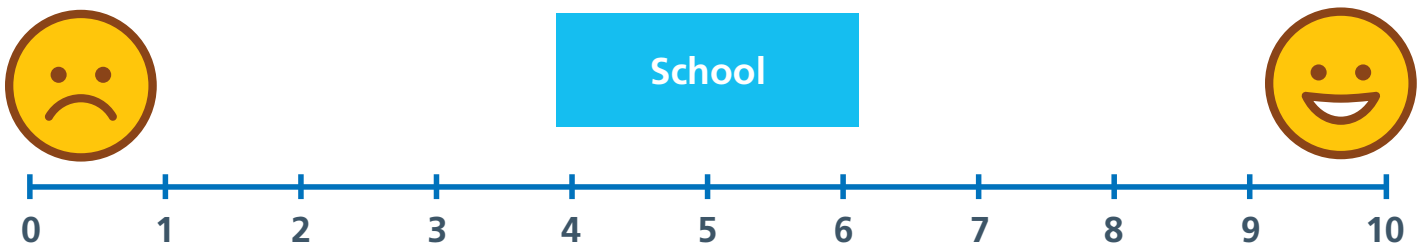
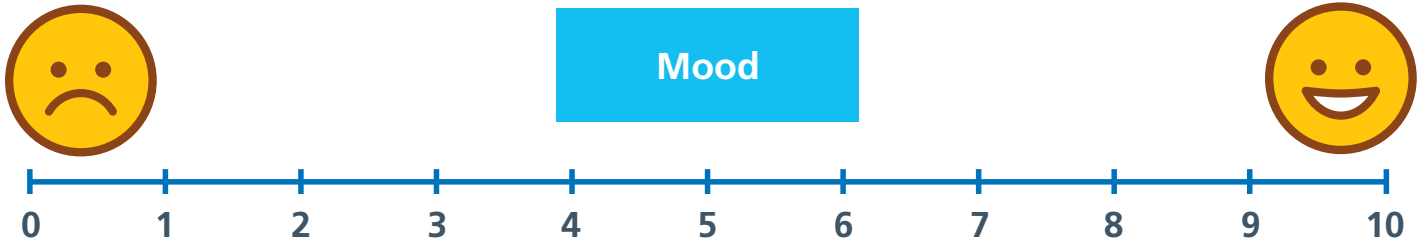
## Book 2





# How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.

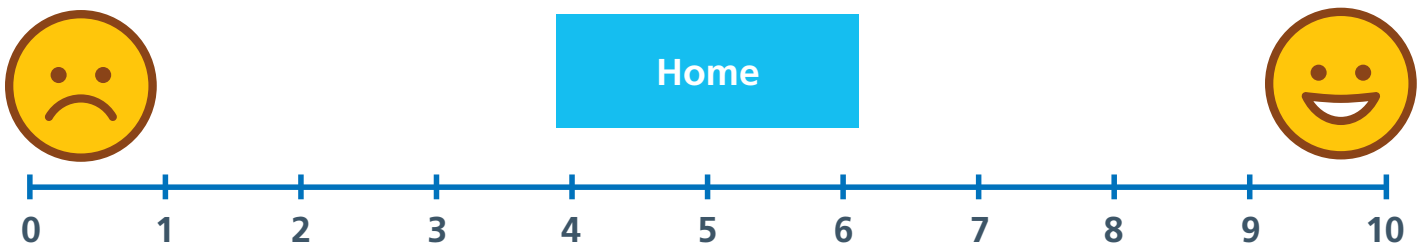
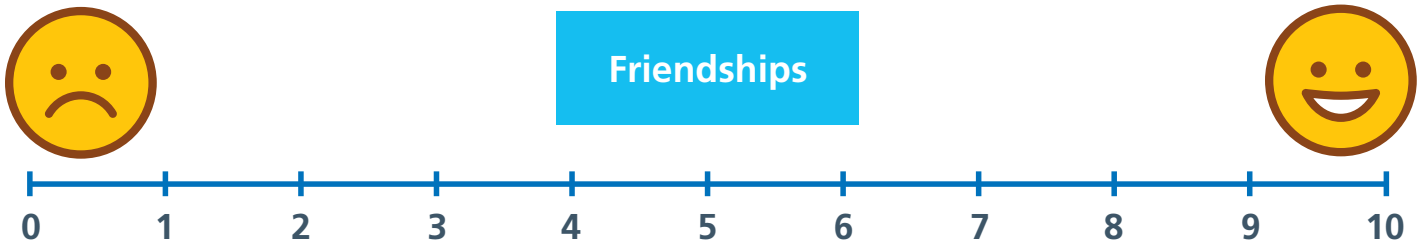
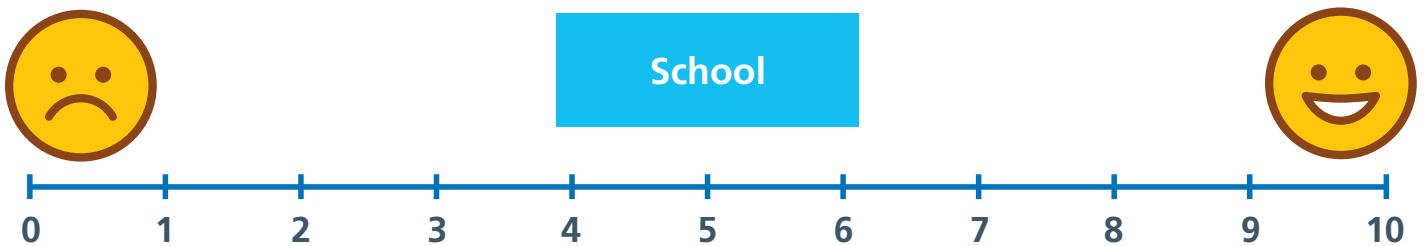
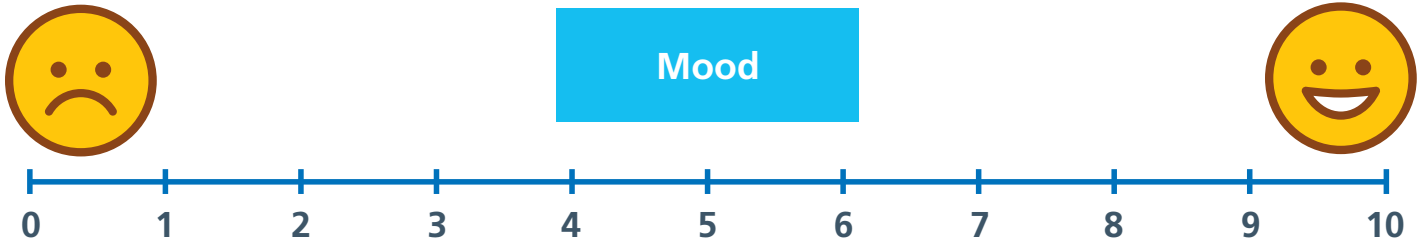


<b>Colour</b>							
<b>Date</b>							



# How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.



Colour							
Date							



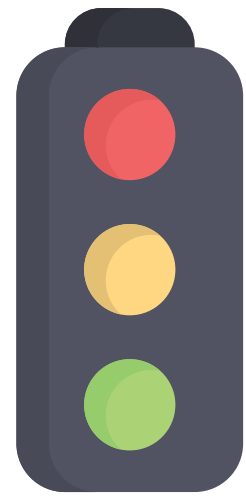
# My feelings

Traffic light your feelings and colour in the feelings below:\

**Red** = I feel these feelings a lot

**Amber** = I feel these feelings often

**Green** = I don't feel these feelings very often



confident

happy

upset

worried

sad

jealous

embarrassed

safe

hurt

angry

scared

relaxed

shy

loved

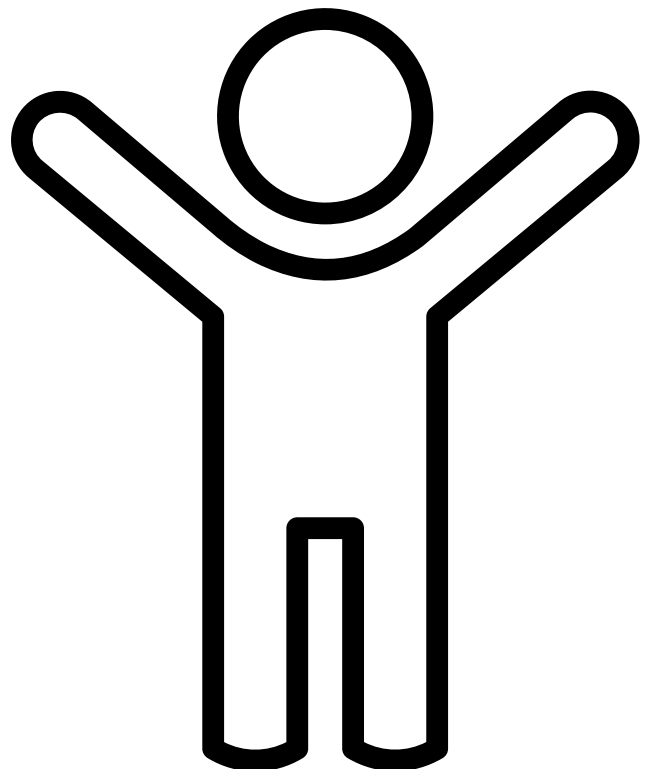
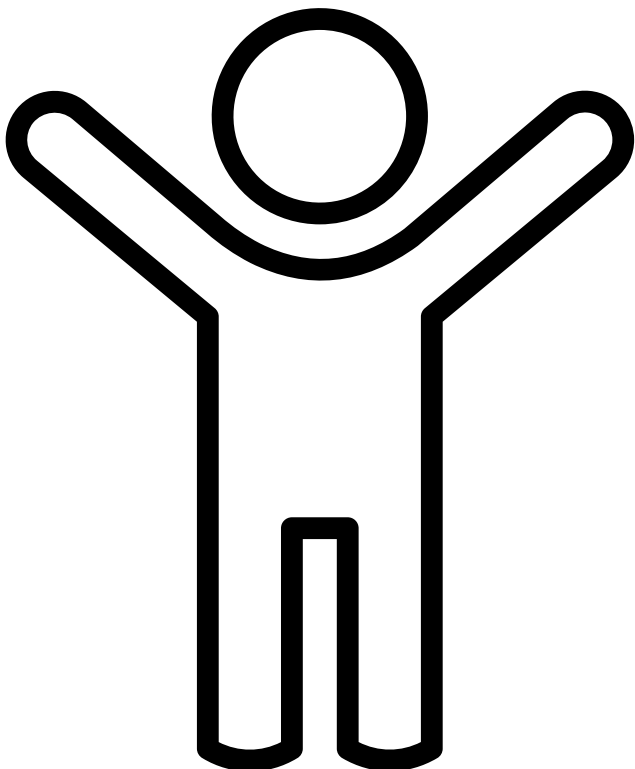
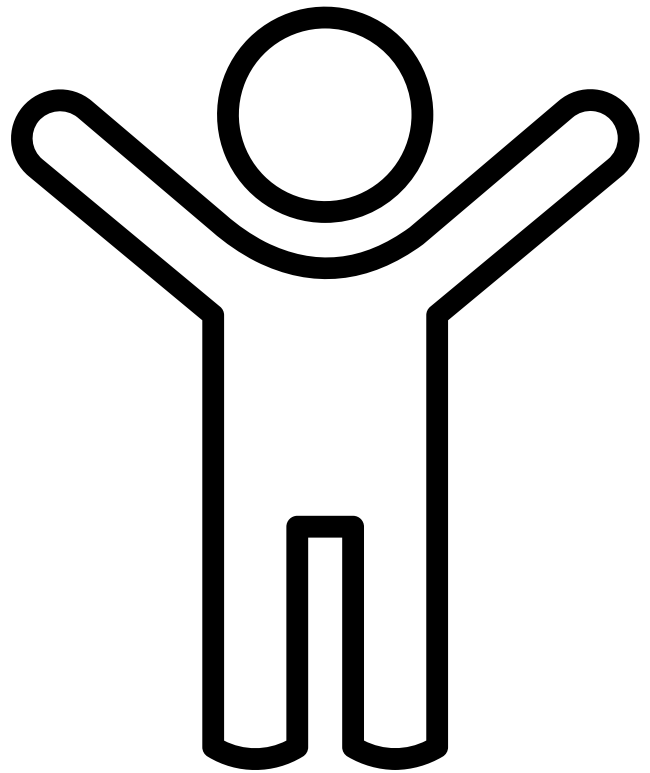
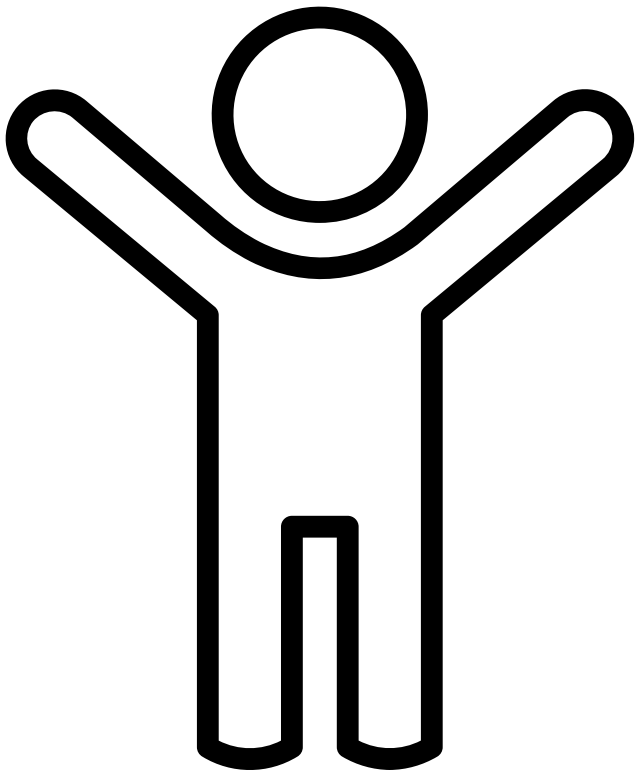
sensible

lonely



# Pick four feelings you feel often

What happens to your body when you feel this?  
Write/draw it on the part of the body where you feel it.



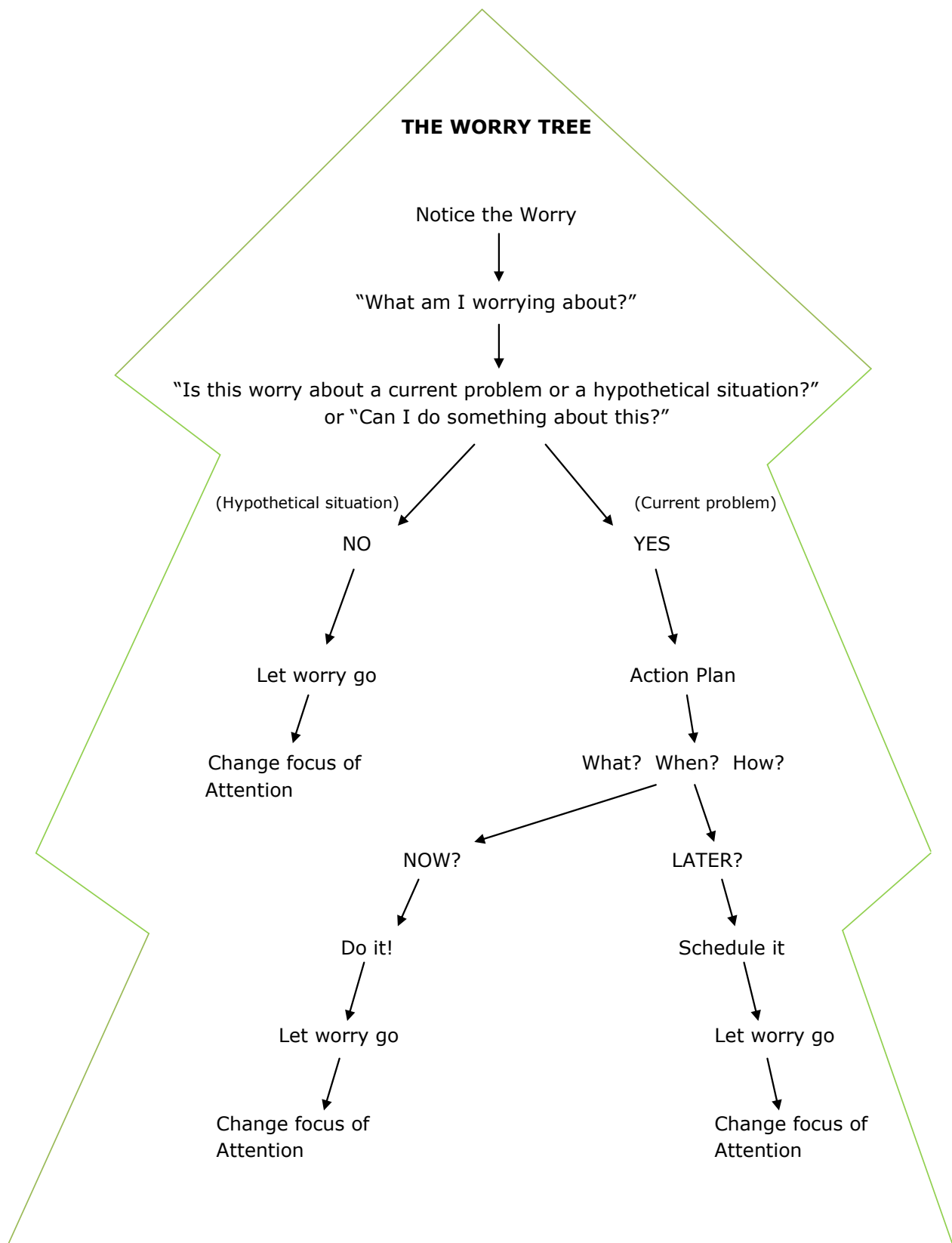
# Worries

We all worry sometimes. If you have worries - write them in the clouds and imagine them floating away...



# The Worry Tree

The worry tree can be used to help you manage worrying thoughts. These can be separated into hypothetical situations (what ifs?) and current problems.





# My positive thinking

Draw at least one thing each day that has made you laugh or feel happy.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**





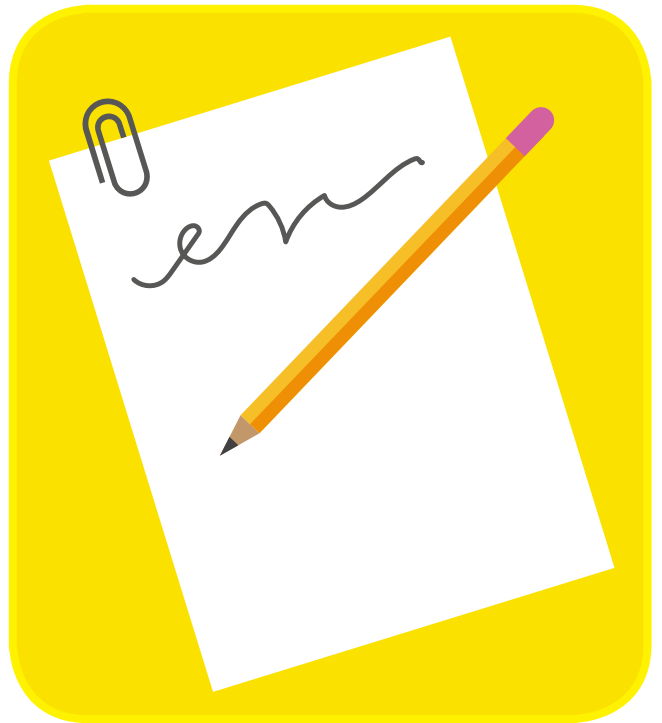
# My positive thinking

Draw at least one thing each day that has made you laugh or feel happy.

**Friday**

**Saturday**

**Sunday**



# My happy jar

A happy jar can be used when you are having sad days. Inside the jar you can keep your happy memories written/drawn on little pieces of paper. You can open these at any time to make you feel happier.



# Family activities

Think of some fun things you would like to do with your family. Write/draw activities you would like to do and put them in the jar.

You can pick one out when you need an idea of something to do!



## Home Activities

- Bake
- Arts and crafts
- Reading
- Board Games
- Have a makeover
- Sing and dance
- Watch a film

## Outside Activities

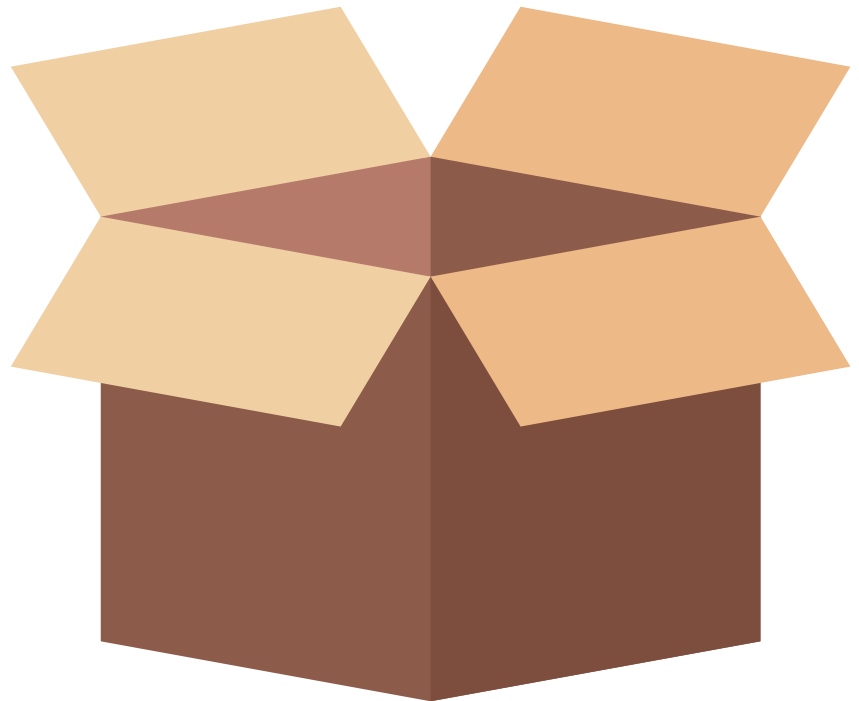
- Go for a walk
- Play sports
- Collect pebbles from the beach
- Kick/collect leaves
- Visit a museum



# Calm box

Sometimes it is important that we have some time to ourselves to feel calm. Make your own calm box to help relax you. Here some ideas of things to add to your calm box.

- Relaxation activities (within this booklet Pg. 10-13)
- Playdough
- Rainbow Pom-Poms
- Cotton Balls
- Shredded Paper
- Squashy balls
- Light up balls
- Instruments
- colouring book
- A variety of fabrics
- Calm down bottle
- Fiddle toys
- Rubik's cube
- Chewing toy
- Bubbles
- Scented lotions/fabric
- Lego
- Photographs of nice memories
- Pebbles





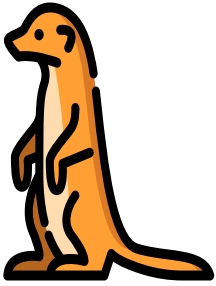
**Write or draw some things that make you feel calmer:**

# Relaxation activities

An adult can help you try these relaxation activities. Rate out of 10 (10 being really helpful and 0 being not helpful) how helpful it was.

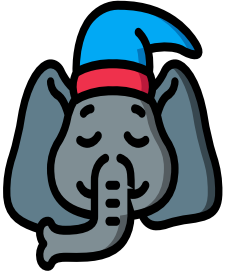


Relaxation activities	Score out of 10
Meerkat Paw	
Sleepy elephant	
Monkey Climb	
Meerkat Stretch	
Elephant squish	
Should and neck: Hide in your shell	
Jaw: Chew the carrot	
Squeeze the lemon	
Stretch like a cat	
Elephant Stretch	
Grounding technique	
Flower and candle breathing	



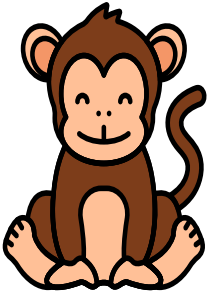
### Meerkat Paw

Pretend you're a meerkat and your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?



### Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you do it.



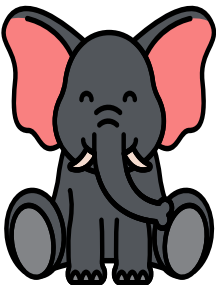
### Monkey Climb

Get into partners and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to yourself, "I am relaxed, I am relaxed".



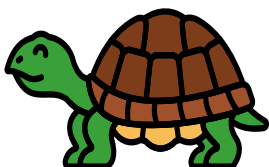
### Meerkat stretch

Imagine you are a meerkat. Sit up straight. Look all the way over to your right. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch, and can turn your head all the way round. Now, open your eyes and look at your right. What is the furthest thing you can see now? ...pause ..What do you notice? Has your head stretched further?



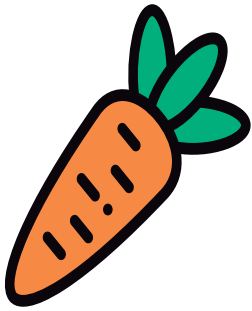
### Stomach make sure the elephant does not squish you

You are lied down and a baby elephant is coming towards you. Tighten your stomach muscles incase it walks over you. The elephant has gone so you can relax..oh wait its back, quick, tighten your stomach muscles again, just incase it walks over you. Don't worry it has passed you so you can relax again.



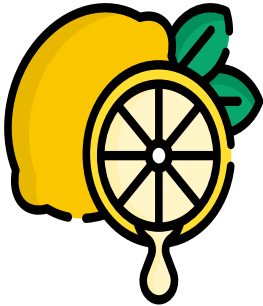
### Shoulders and neck: Hide in your shell

Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now. Feel your shoulders relax.



### Jaw: Chew That Carrot

Now, pretend that you are trying to eat a giant, hard carrot. It is very hard to chew. Bite down on it. As hard as you can. We want to turn that carrot into mush! Keep biting. Hold for ten seconds. Good. Now relax. You've eaten the carrot. Let yourself go as loose as you can. Repeat!



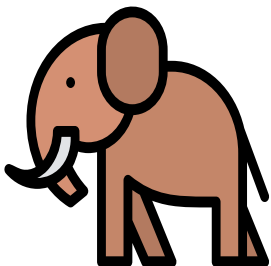
### Hands and Arms: Squeeze a Lemon

Pretend you have a lemon in each hand. Squeeze it hard so all the juice is squeezed out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hand. See how much better your hands and arms feel when they are relaxed.



### Arms and Shoulders: Stretch Like a Cat

Pretend lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.



### Elephant Stretch

Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breath out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant. Stay very still and quiet as you enjoy stretching your whole body.

## Your own ideas:

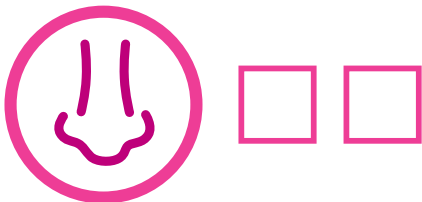
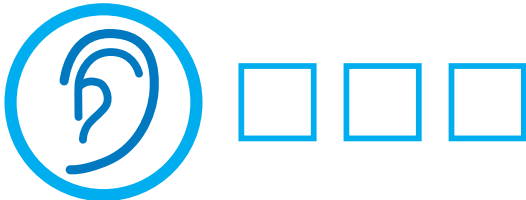
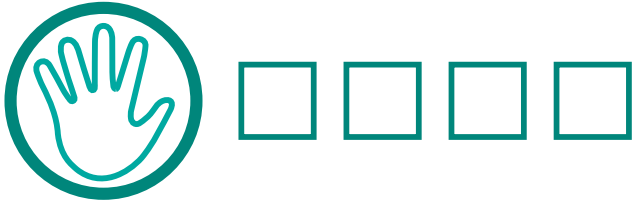
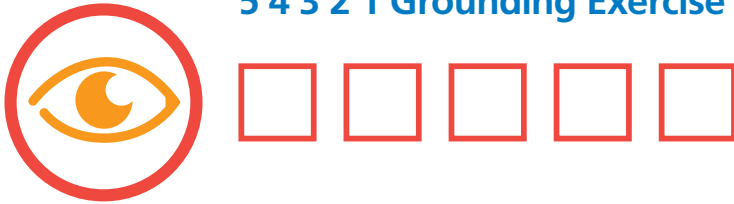
Write/draw what helps you to relax.





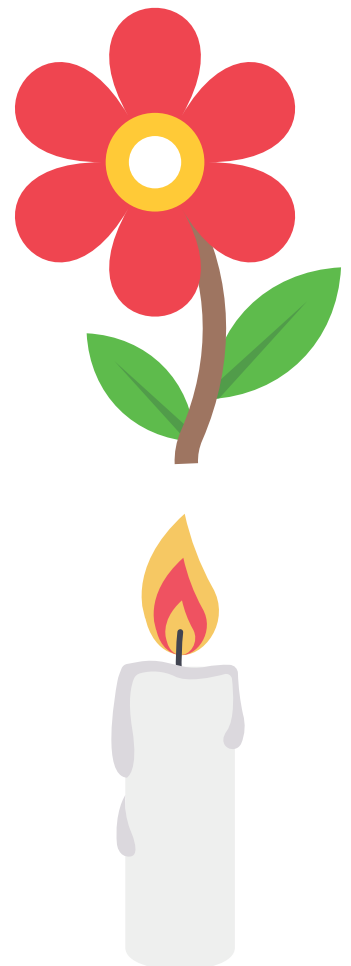
# Try these activities below to help you to relax!

## 5 4 3 2 1 Grounding Exercise



## Flower and candle: breathing

Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a candle. Now smell the flower and notice how your chest expands. Hold this for 5 seconds. Now blow out the candle and imagine you're blowing all your worries or extra energy from playtime away. Are you feeling relaxed and ready to learn?





# Positive affirmations

It is really important to remind yourself that you are fantastic. Complete the sentence's below using positive "I AM" statements. E.g. I am friendly, I am funny.

1) I am .....

2) I am .....

3) I am .....

4) I am .....

5) I am .....

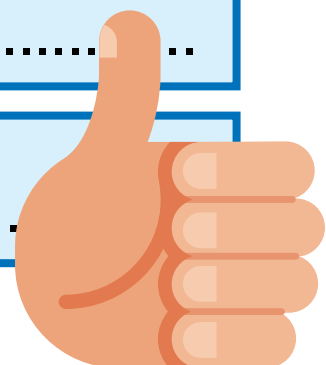
6) I am .....

7) I am .....

8) I am .....

9) I am .....

10) I am .....

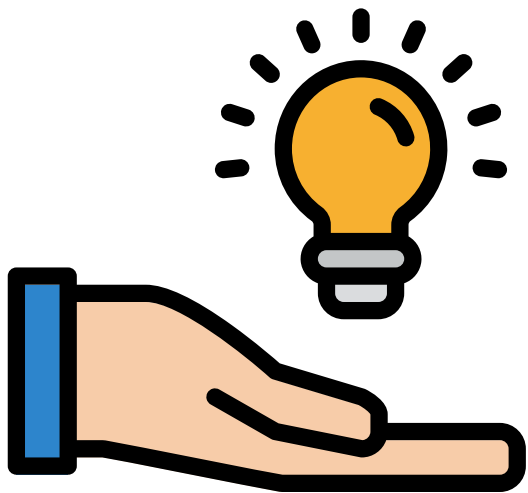




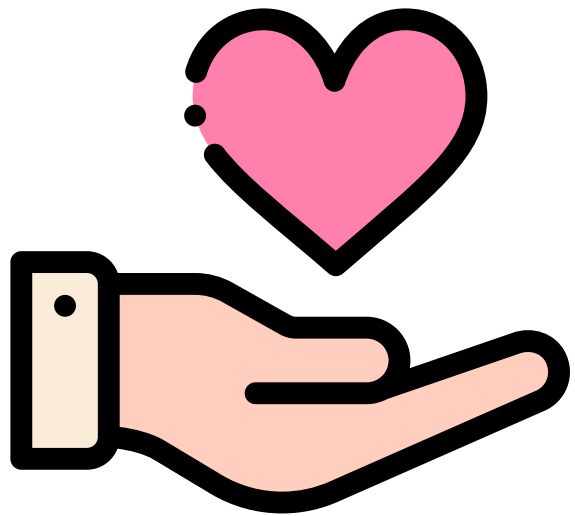
I am kind



I am brave



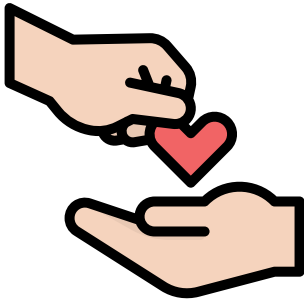
I can learn new things



I belong

# Random acts of kindness

Being kind to people not only makes them feel happy, but can also make you feel great! Here are some ideas of random acts of kindness for you to try with friends and family.



Donate toys, books and food



Cheer someone up by telling a joke



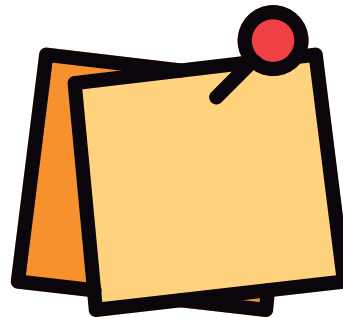
Smile at everyone you come across



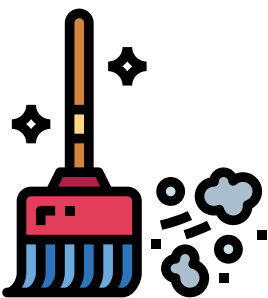
Say 'hi' or 'hello'



Give hugs to friends and family



Leave positive post-it notes for people



Help with the chores



Volunteer to help at school/in the community



Give out compliments



Open doors for people



**Write a log of all the acts of kindness you do and how it makes you feel.**

A large, empty rounded square box with a green border, intended for writing an act of kindness.A large, empty rounded square box with a green border, intended for writing an act of kindness.A large, empty rounded square box with a green border, intended for writing an act of kindness.A large, empty rounded square box with a green border, intended for writing an act of kindness.A large, empty rounded square box with a green border, intended for writing an act of kindness.A large, empty rounded square box with a green border, intended for writing an act of kindness.

# Physical exercise

When we do physical exercise our body releases happy chemicals which make us feel good. It is a great idea to exercise for at least 30 minutes a day so we stay healthy and feel happy.



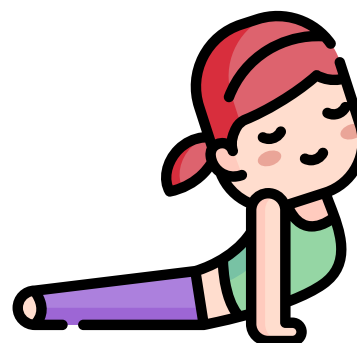
Cycling



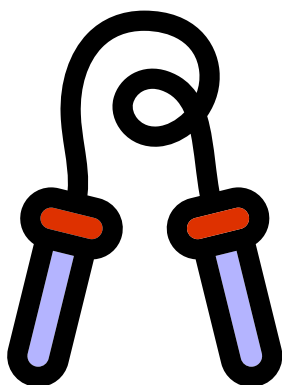
Roller blading



Basketball



Yoga



Skipping



Football



# Write or draw any exercise you do in the next week.

How did it make you feel?

A large, empty rounded square box with a thick pink border, intended for writing or drawing.A large, empty rounded square box with a thick pink border, intended for writing or drawing.A large, empty rounded square box with a thick pink border, intended for writing or drawing.A large, empty rounded square box with a thick pink border, intended for writing or drawing.A large, empty rounded square box with a thick pink border, intended for writing or drawing.A large, empty rounded square box with a thick pink border, intended for writing or drawing.



# My helpful plan

It is really helpful to remember the things and people that make you feel calm, safe and happy.

Write or draw on your plan below. This will help you to remember what to do if you're feeling sad, worried or scared.

**What I would like to change:**

.....

.....

.....

.....

.....

.....

.....

**Things that help me when I feel sad/worried/scared:**

.....

.....

.....

.....

.....

.....

.....

**People or things that make me happy:**

.....

.....

.....

.....

.....

.....

.....

**When I feel sad/worried/scared, I can talk to:**

.....

.....

.....

.....

.....

.....

.....



**Remember ...**

**You are great!!**



# Local websites and sources of support

## MindMate Website

A website to help you explore emotional wellbeing and mental health issues and offer information about where support is available [www.mindmate.org.uk](http://www.mindmate.org.uk)

## MindMate Single Point of Access

MindMate Single Point of Access (SPA) is there to identify support for children and young people in Leeds with their emotional wellbeing or mental health. It is for all children and young people who have a Leeds GP, of school age and under the age of 18. We work with a variety of services in order to find the right support.

[www.mindmate.org.uk](http://www.mindmate.org.uk) / 0300 555 0324

## MindMate Wellbeing

'MindMate Wellbeing' is school cluster-based mental health support (also previously known as TaMHS). It can help you by providing consultation for professionals and face-to-face support for young people as well as broader access to other services in the cluster. This can be usually accessed where the child or young person attends school through the young person's school or [MindMate SPA](#)

## School Nurses

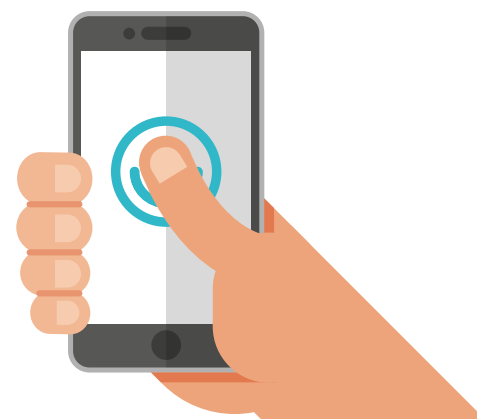
School Nurses can support your work with the young person. This service can be accessed through the young person's school.

## GP support

The young person's GP (General Medical Practitioner) can offer confidential and regular support for a wide range of health problems, including the psychological distress and physical injuries of self-harm. Although not an emergency service, quick access to advice and, if necessary, an appointment, should usually be available for urgent matters.

## Leeds Bereavement service

Child Bereavement UK Leeds offers support to children and young people who have been bereaved of a close family member. The service is for Leeds young people up to and including age 18, providing general advice, advocacy, one to one and group support. As a result of the government advice during the coronavirus outbreak, premises are now closed; however, staff are working remotely and are continuing to provide support to families by telephone and digital means. Contact them by phone 01133 503598, on email [leedssupport@childbereavementuk.org](mailto:leedssupport@childbereavementuk.org) or visit them online at [Child Bereavement UK Leeds](#)



# National websites and helplines:



## Action for Children

This website contains information about promoting good wellbeing. It has some good suggestion around activities to spend time with your child and getting support for parents. also offers support around Covid-19.

[https:// www.actionforchildren.org.uk/support-for-parents/ childrens-mental-health/how-can-you-help-with- children-and-young-peoples-mental-health/mental- health-resources-and-information/](https://www.actionforchildren.org.uk/support-for-parents/childrens-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/)



## Anna Freud

Advice and support for young people, parents/ carers and schools regarding anxiety and self-care including Covid-19 advice/support.

[https:// www.annafreud.org/](https://www.annafreud.org/)



## Charlie Waller Memorial Trust

Set up in memory of a young man who had depression. Free resources on how to keep mentally well in particular guides for parents/carers.

<https://www.cwmt.org.uk/>



## Childline

Activities, support, advice line, information and toolbox including games to help with anxiety, worries and feeling calm.

<https://www.childline.org.uk>



## MindED for Families

Supporting parents/carers who are concerned about their child's mental health. Information, resources around common problems.

[https:// mindedforfamilies.org.uk/young-people/](https://mindedforfamilies.org.uk/young-people/)



## Winston's Wish

Support for children and young people after the death of a parent/ carer or sibling. Including advice for Covid-19. Freephone and online chat support available.

<https://www.winstonswish.org> / Phone: 08088 020 021

# Useful apps:



## Chill Panda

Relaxation and breathing techniques for all the family. Helps with worry management and anxiety.



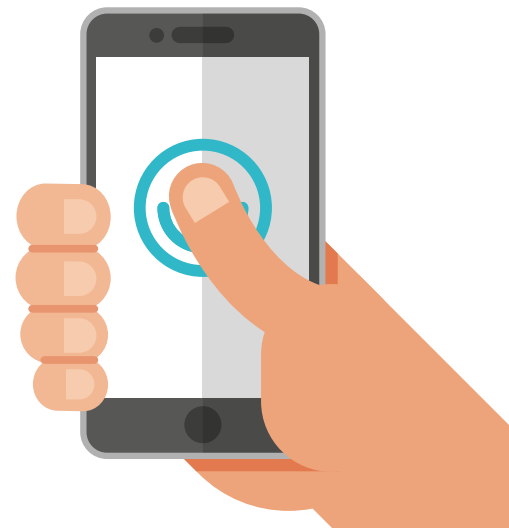
## STOP, BREATHE & THINK KIDS: FOCUS, CALM & SLEEP (age 5 to 10)

The app for meditation & mindfulness, has a unique approach that allows you to check in with your emotions.



## Cove

Uses music to express feelings and emotions. Can help with anxiety, depression and negative thinking. Can store the music in a journal or send to others to express feelings.



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