

OUT NOW!

# My Wellbeing Journal



## Why use this product?

My Wellbeing Journal is a personal space for students to express their feelings, fears, goals, struggles and opinions without fear of judgement from others.

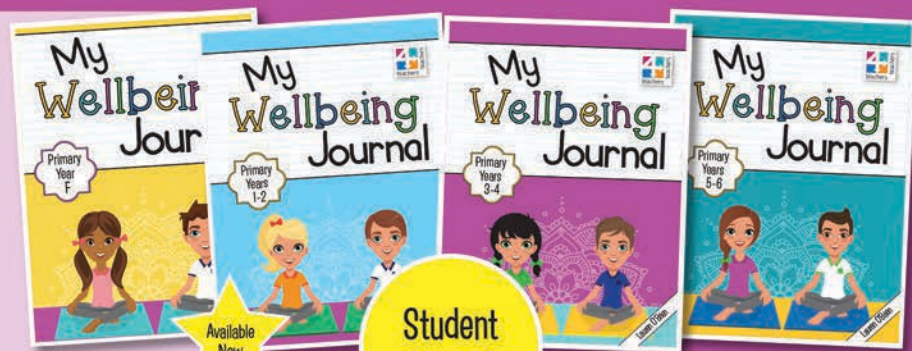
## Key Features

### Student Journal

- Throughout My Wellbeing Journals, students will be offered exercises that focus on:
  - self-management
  - self-awareness
  - social awareness
  - relationship skills
  - responsible decision making
- Developed from curriculum outcomes.
- Promotes strategies to cope with challenges.

### Teachers' Manuals provide:

- professional background information for all levels of experience
- lesson plans designed to guide each topic
- extra teacher-based content for sensitive topics
- techniques and strategies to cope with life's challenges
- blackline masters



Available Now

Student Journal



Teacher's Manual

## My Wellbeing Journal Years 3-4 sample pages

### My Triggers

Consider the times you have unpleasant feelings and fill in the boxes below:

Something that makes me want to explode:  
How I calm down from here:

Something that makes me feel upset:  
How I calm down from here:

Something that makes me feel annoyed:  
How I calm down from here:

Something that makes me feel uncomfortable:  
How I calm down from here:

Something that makes me feel calm:

### Reflecting on the Week

Fill in the journal entry below with your own thoughts.

Date:

The best thing that happened this week was:

Something that challenged me this week was:

Something I didn't like about this week was:

Circle the face that best represents how you have felt this week.

### Planning My Goal

Use the space below to brainstorm a number of different ways you can achieve your goal. Then circle the strategy you will use.

Now that you have decided what strategy you will use to reach your goal, you need to make an action plan to help you achieve it.

Write four steps you will take to achieve your goal.

Step 1:	Step 2:
Step 3:	Step 4:

### Being Mindful

Practicing mindfulness means being focused, which helps you with tasks you will do. Being mindful shows an awareness of who you are, where you are and what you are doing. And the best part? Anyone can do it.

Being mindful means you:

- have non-judgmental thoughts
- are kind to yourself
- are not worrying about the past or the future
- are focused on the present moment
- are forgiving and resilient
- show empathy and compassion towards others

Describe the last time you acted mindfully: