

Name:

Wellbeing Journal

Year 5

Cherry Class – Mr Leser

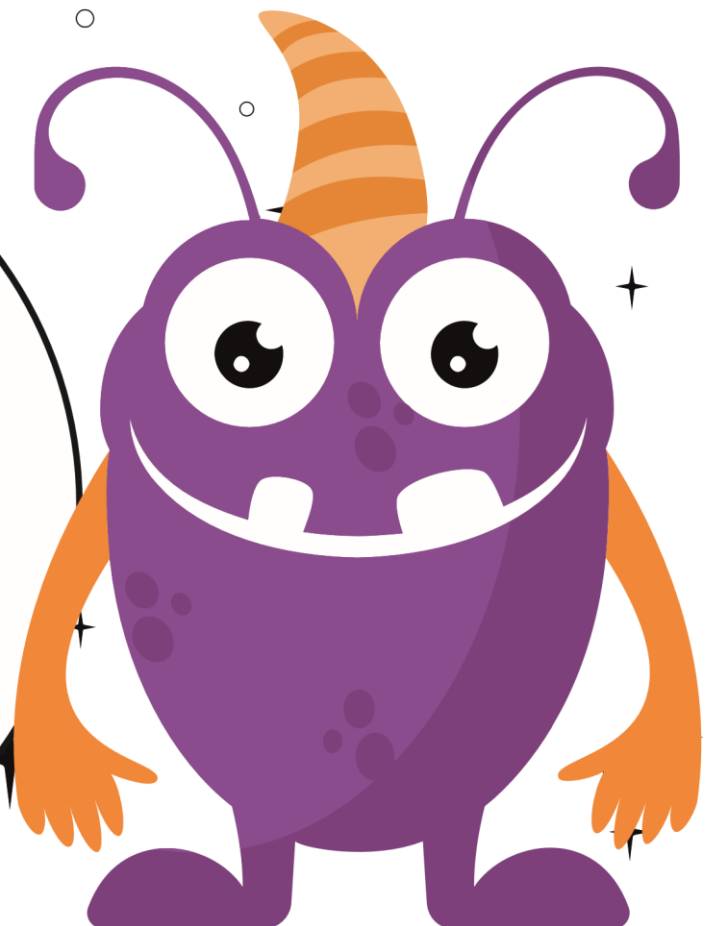
Be proud of yourself!

#WellbeingWednesday

TWO THINGS I AM PROUD I CAN DO:



THIS IS ME!



Don't worry about it!

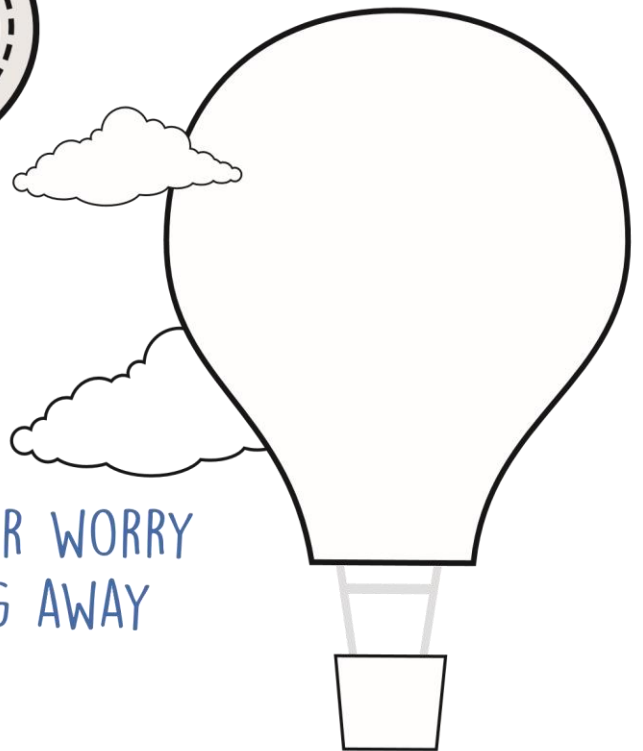
#WellbeingWednesday

WHAT WORRIES ME?

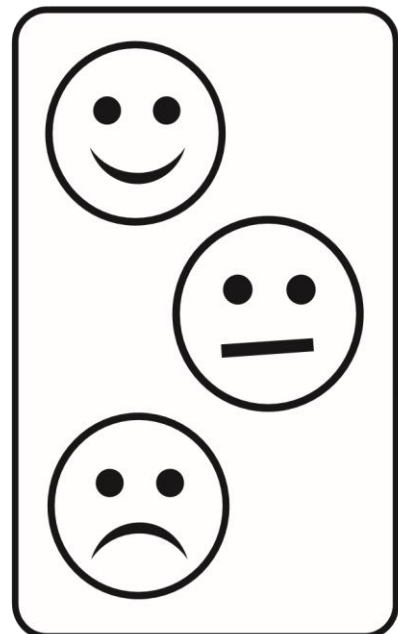
TALKING TO OTHERS
CAN HELP WITH
YOUR WORRIES



DRAW YOUR WORRY
FLOATING AWAY



HOW DO I FEEL TODAY?



☆ TAKE TIME TO BREATHE!

THINGS I CAN CONTROL...



THINGS I CAN'T CONTROL...



INHALE



EXHALE

I CAN CONTROL
HOW I TREAT
OTHERS



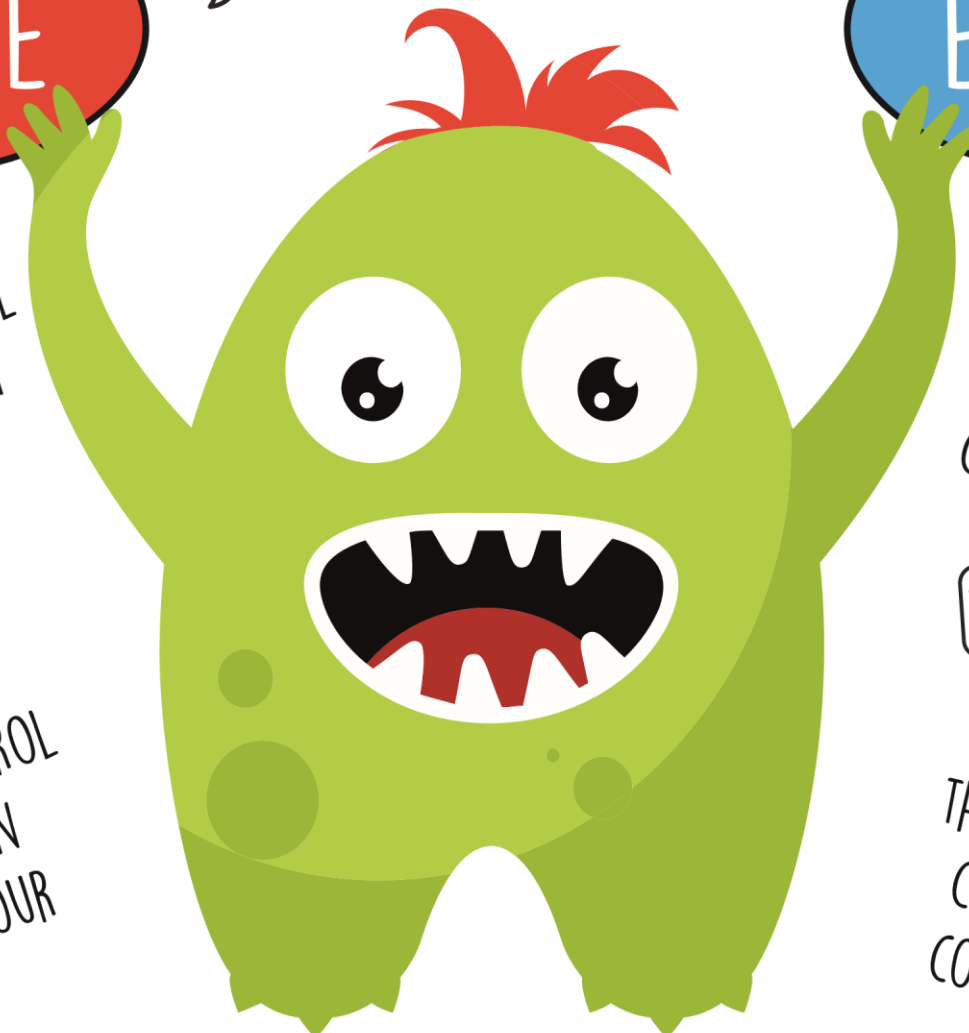
I CAN CONTROL
MY OWN
BEHAVIOUR



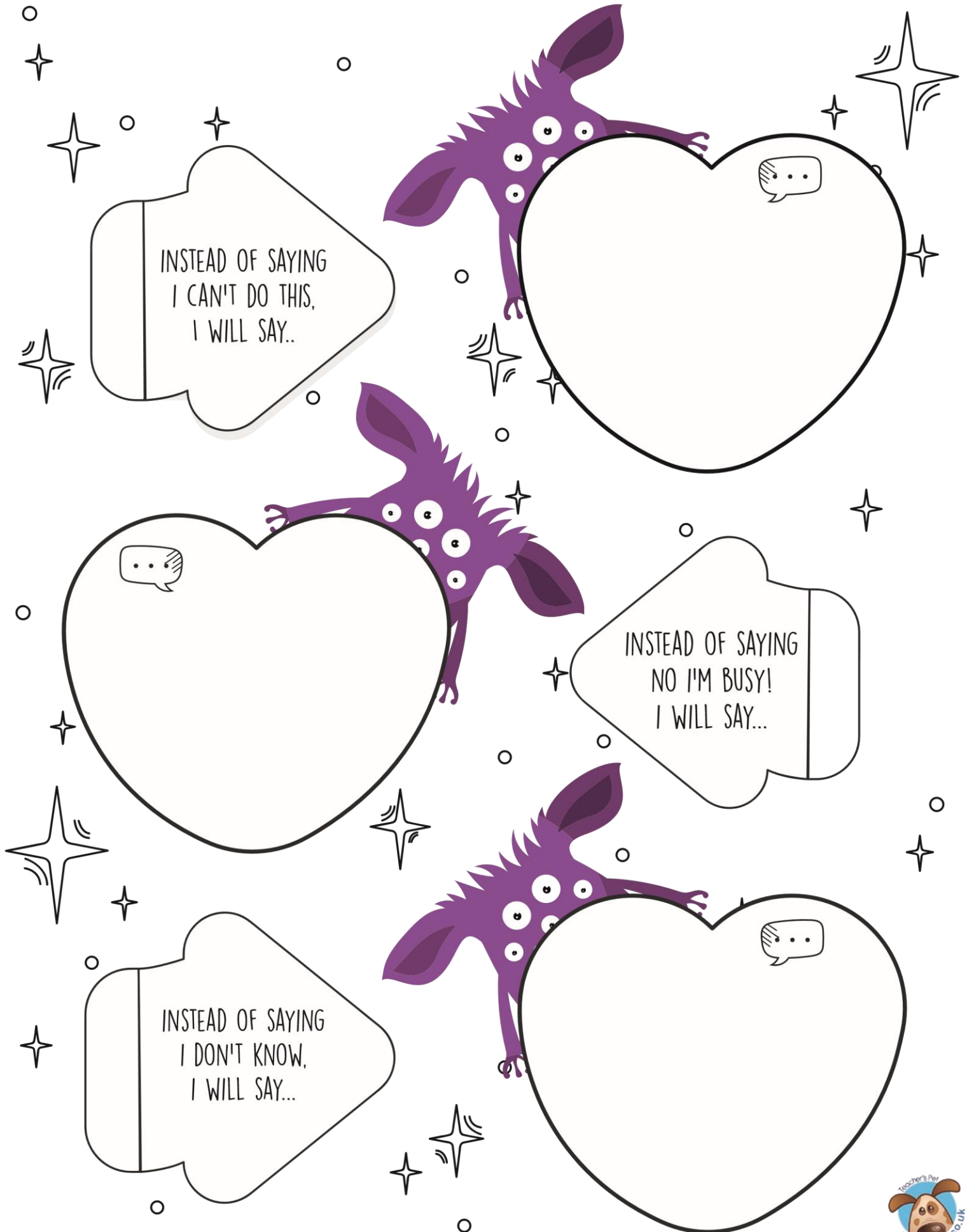
THE WEATHER
CANNOT BE
CONTROLLED



WHAT OTHERS
THINK OF YOU
CANNOT BE
CONTROLLED



Nobody is perfect!



We all need a friend!



FRIENDS ARE IMPORTANT BECAUSE...



MY FRIENDS
ARE GREAT!



WE CAN BE A GOOD FRIEND BY...

A large, empty rounded rectangle with a black border, intended for a child to write their answer to the question above.

STAR QUALITIES
OF A GOOD
FRIEND



SOMETIMES ALL IT
TAKES TO MAKE
A NEW FRIEND IS
A SIMPLE
HELLO!

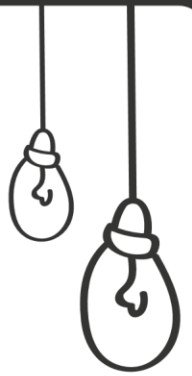
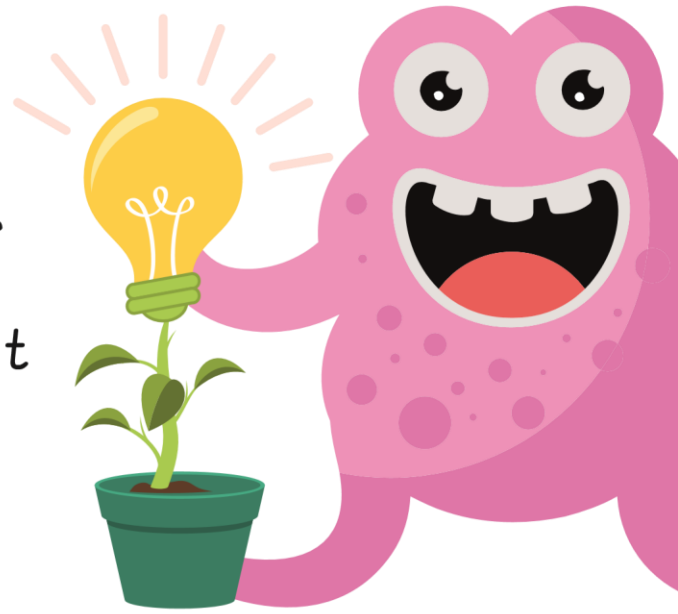


BE CREATIVE

#WellbeingWednesday

Create an invention that
everybody would love!

MY INVENTION IS...



FOCUS YOUR MIND

#WellbeingWednesday

FOCUS ON YOUR SURROUNDINGS BY USING YOUR SENSES



WHAT DO YOU SEE?



WHAT CAN YOU HEAR?



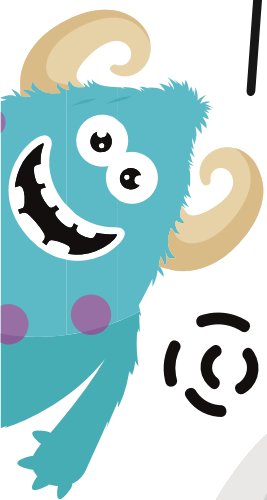
WHAT CAN YOU TOUCH?



WHAT CAN YOU SMELL?

USE THIS TECHNIQUE
WHENEVER YOU NEED
TO TAKE A MOMENT
TO CALM DOWN





Thoughts aren't facts!

what does your brain contain?

WRITE YOUR EMOTIONS OR FEELINGS

happy
brain

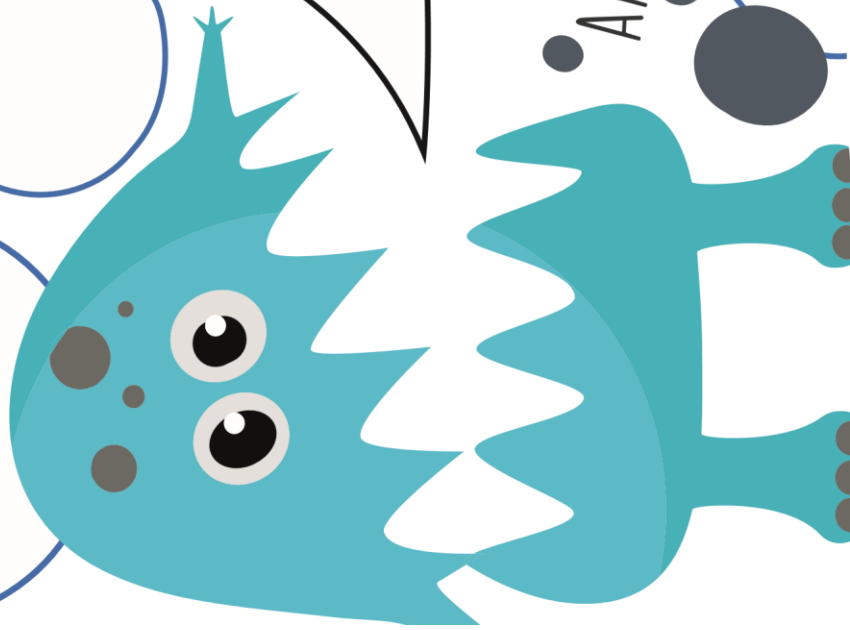
anxious
brain

what colours would the two different brains be?

HAVE A WHALE OF A TIME

#WellbeingWednesday

CAN YOU LIST
ACTIVITIES IN THE BUBBLES,
THAT MIGHT RELAX YOU?



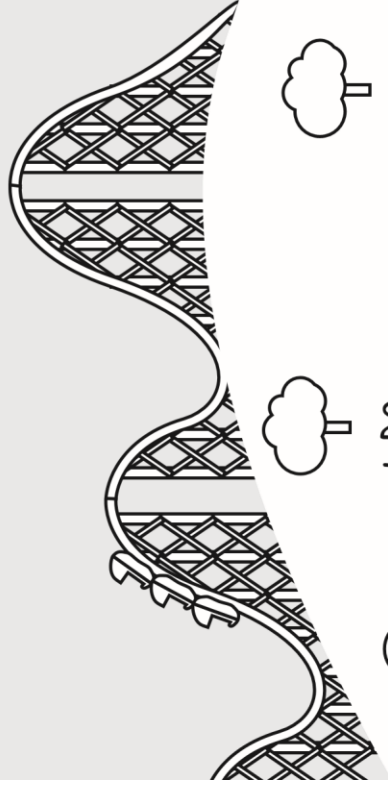
DRAW YOUR FAVOURITE ACTIVITY IN HERE!

AAAAAH 0000UH

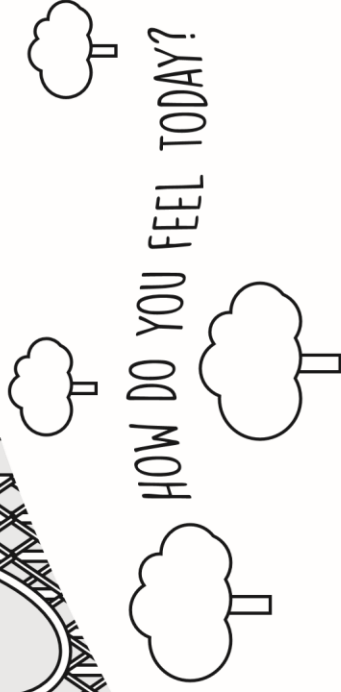
EEEEAAH 0000UH

RIDE YOUR ROLLERCOASTER

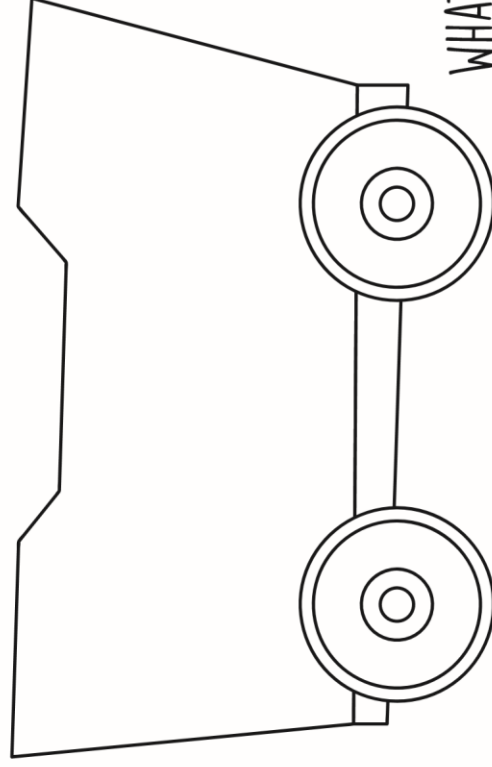
#WellbeingWednesday



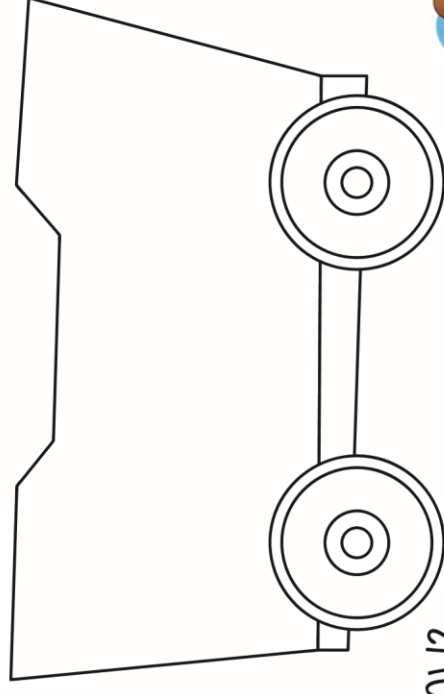
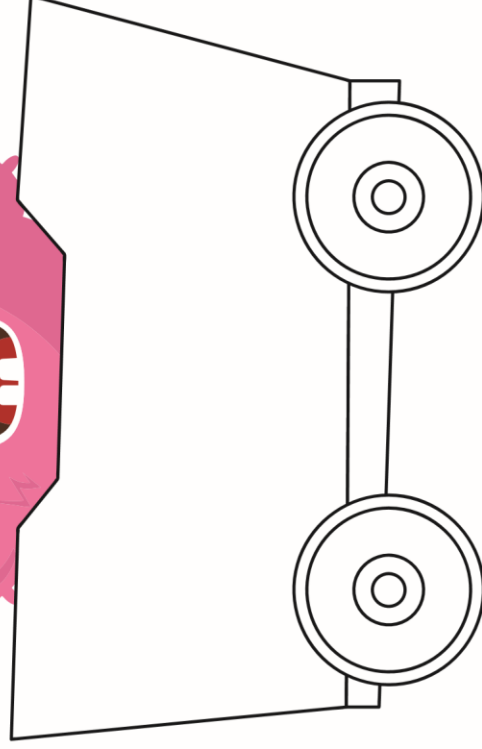
HOW DO YOU FEEL TODAY?



WHAT HAPPENS WHEN YOU START
TO FEEL ANXIOUS?



HOW DO YOU FEEL AFTER
BEING ANXIOUS?



WHAT HAPPENS AS YOUR ANXIOUS FEELINGS GROW?

