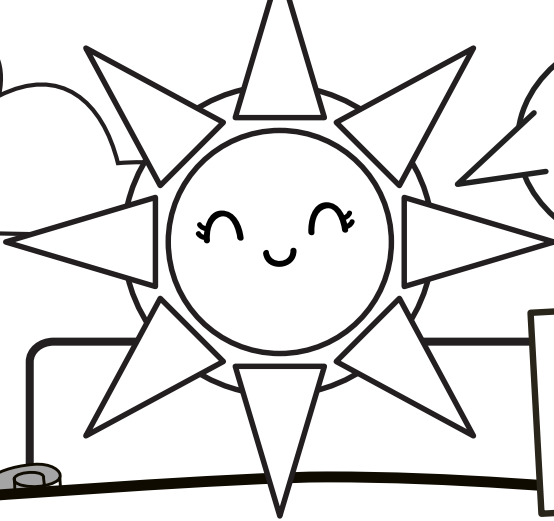


Colour in
this page!



MY

WELLBEING

BOOKLET

Name:.....



This memory jar belongs to...



Let's put all of your current worries into this jar. They can be safely kept away on a shelf.

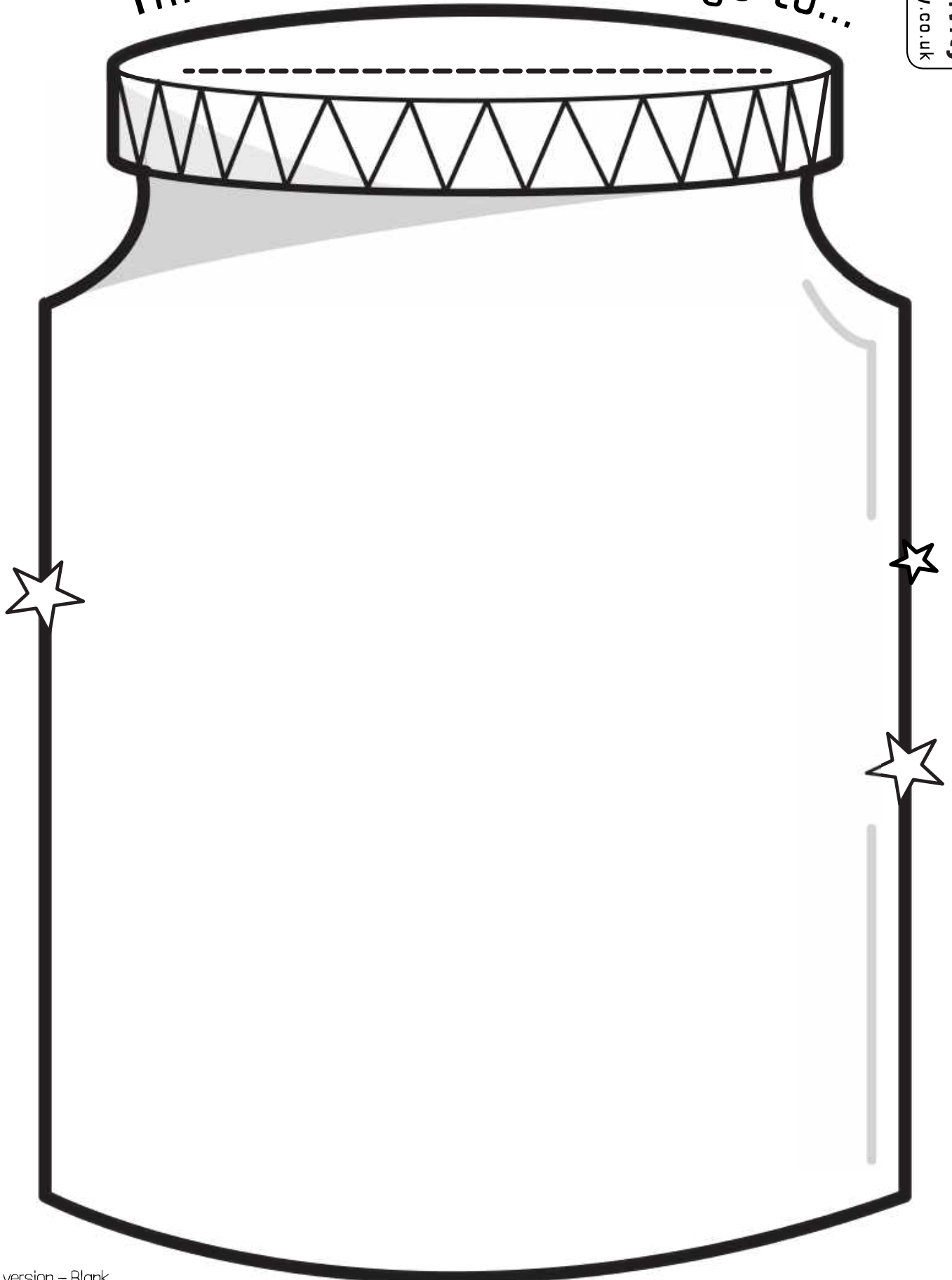
Worries are normal – they help us think but too many of them all the time can make us sad.

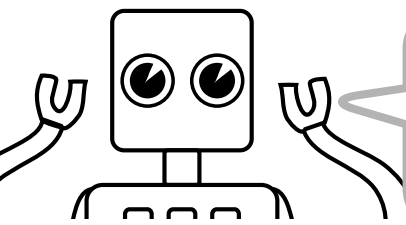
You can then pick a time in the day where you can open the jar and read these thoughts.

Take a break with this jar.



This safe worry jar belongs to...

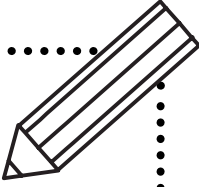




There are a lot special people we will meet in our lives and they can all teach us something. Can you think of someone who has inspired you or taught you something?

I would like to be like _____

This is a picture of them 



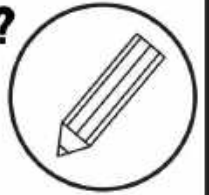
They are special because...

I learned from them...



5 things I've learned about myself...

Do I like to be alone or do I like groups? What's my favourite thing to do? How much do I value my friends and teachers? Who did I miss the most? Did I learn a new skill?



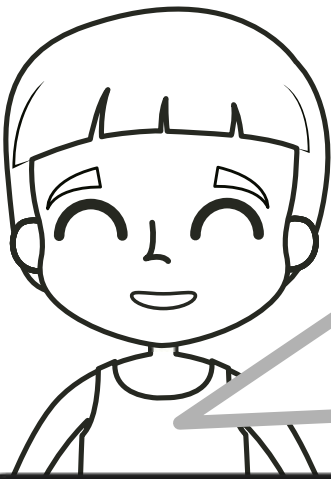
1.

2.

3.

4.

5.



Take a Minute!

Sometimes we can get lost in our thoughts or worries. Take a moment to really concentrate and write about what is happening around you. This can help you feel nice and relaxed!



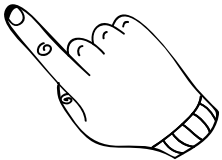
What can I hear?

Machines? Birds? Wind? People? Music? Traffic?
Breathing? The sound of your clothes?



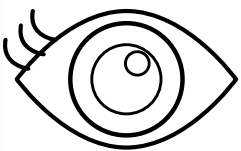
What can I smell?

Your clothes? The room? Food? Flowers?
Outdoors? Indoors?



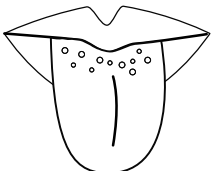
What can I feel?

Are you hot or cold? Are your feet touching the ground? Any pains? What do your hands feel like?



What can I see?

What can you see when you open or close your eyes? Is it sunny? What colours are around you? Where are you?

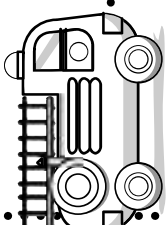
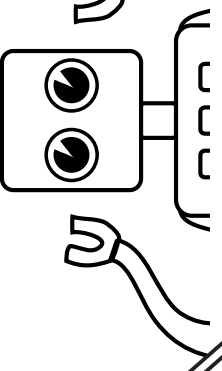
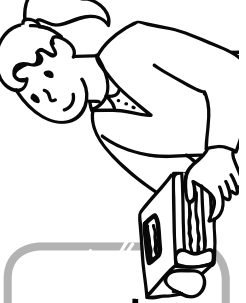


What can I taste?

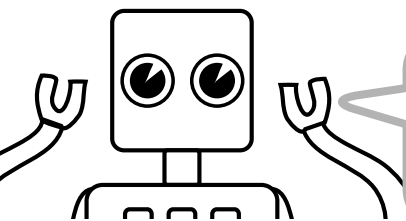
Any food? Sweet or savoury? Are you thirsty?
Can you feel your tongue touch your teeth?

People Who Help Us

Everyday people are helping us and keeping us safe, especially during this time.
Can you think of some people who have helped us? Draw and label them below.

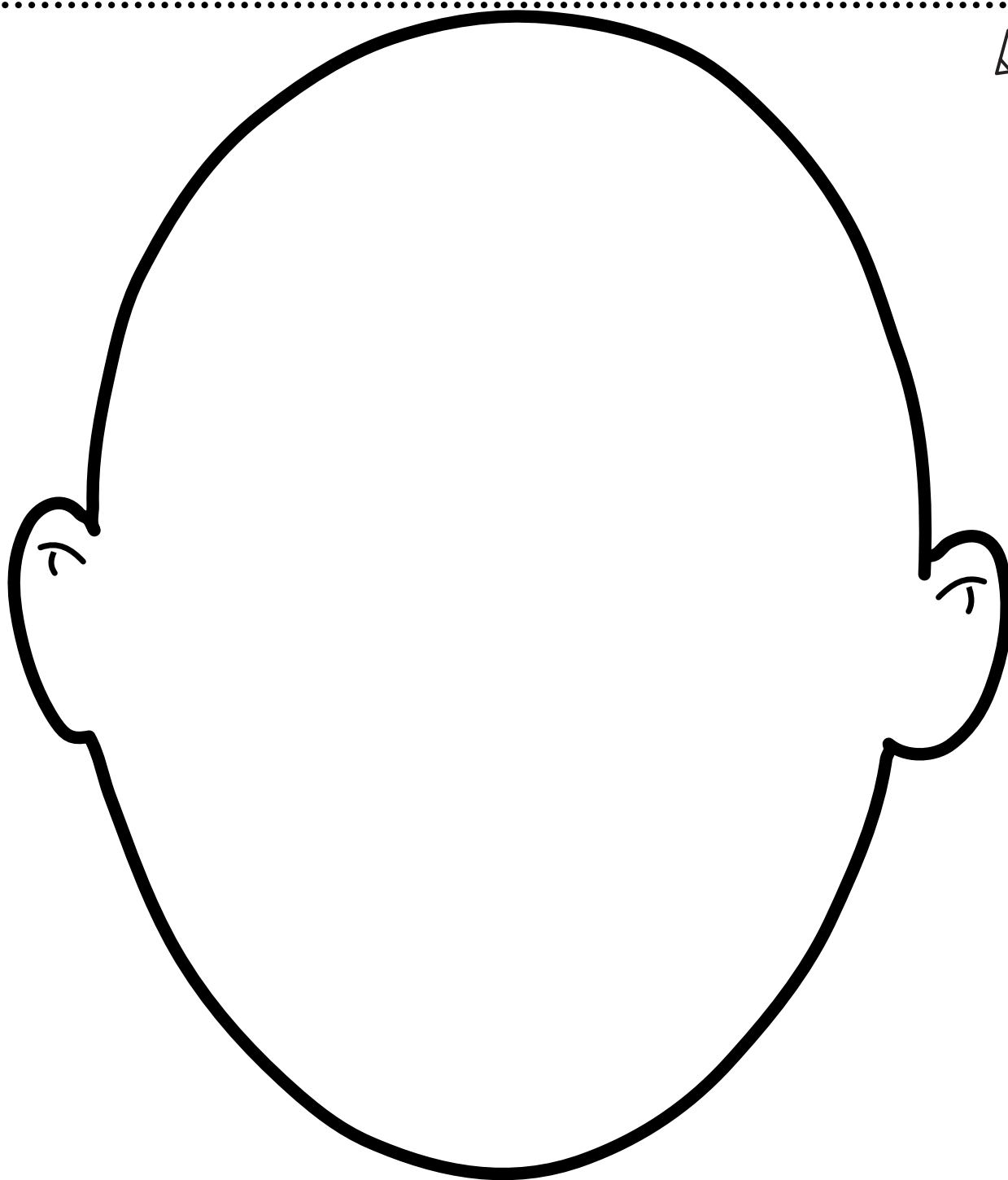
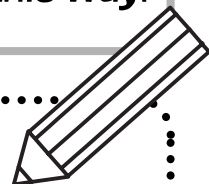


A large grid of writing space with horizontal lines and vertical dotted lines, intended for drawing and labeling people who help us.



How are you feeling today?

Draw your face on the template below and write why you might feel this way.



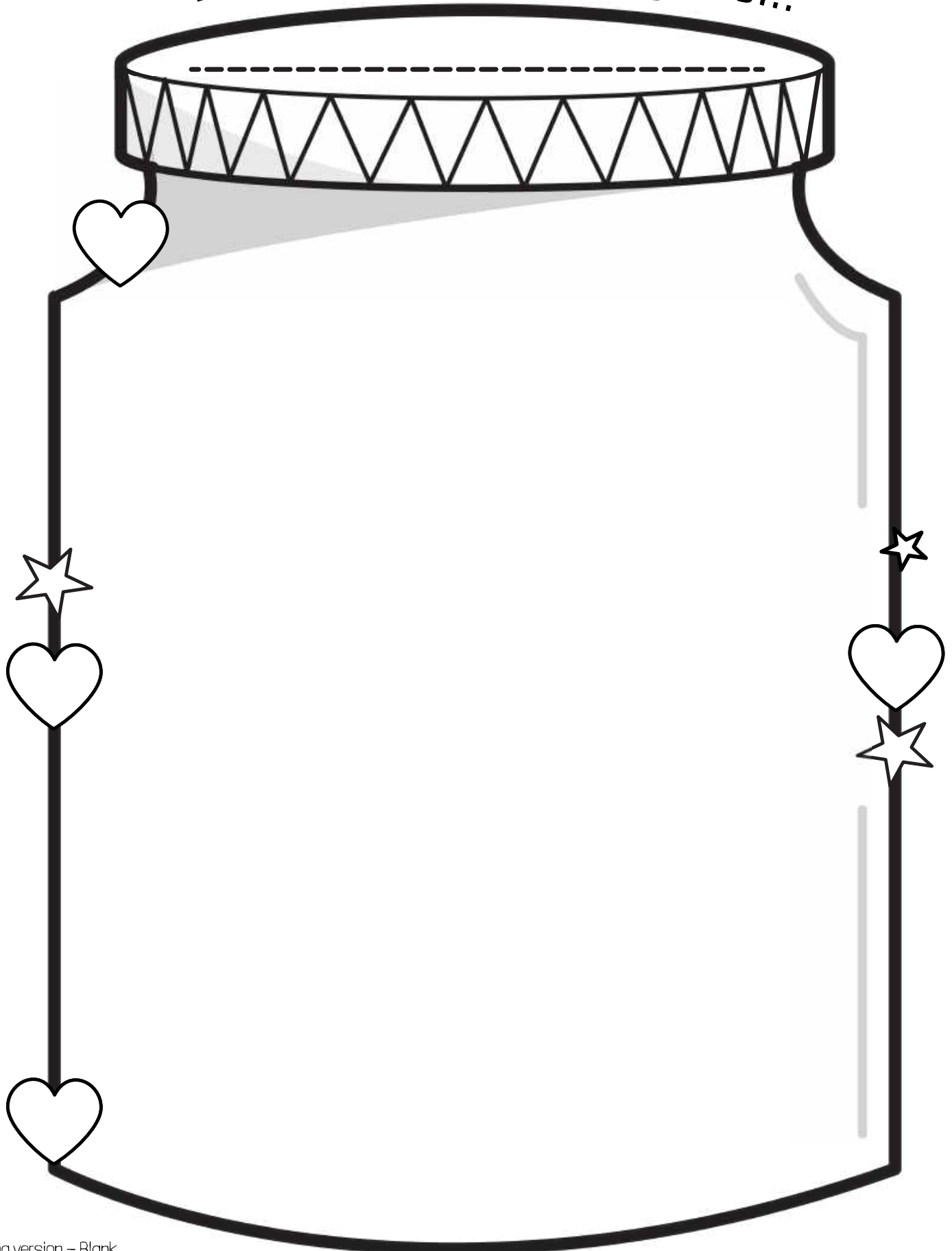
I feel...

Because...

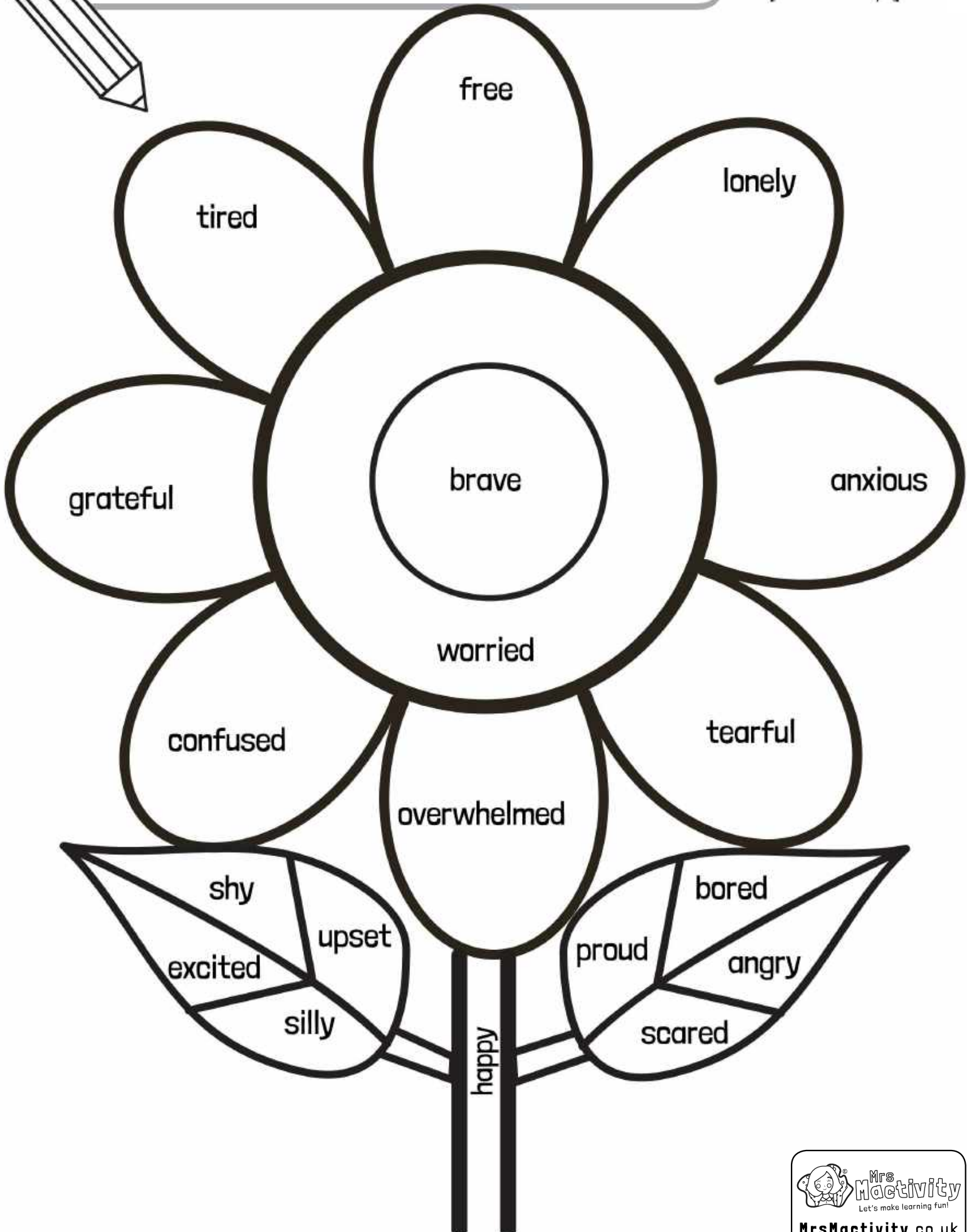
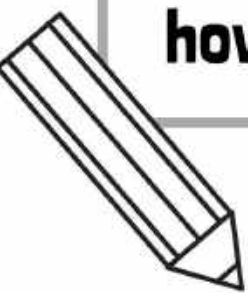
Let's think of everything you're thankful for. It can be someone or something very small or ordinary or huge and exciting. Anything that makes you happy and grateful.

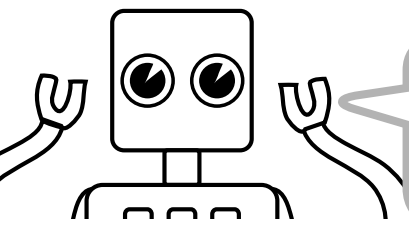
This is what 'Gratitude' feels like and it's important to feel it often, as it makes you appreciate things around you a lot more!

This gratitude belongs to...



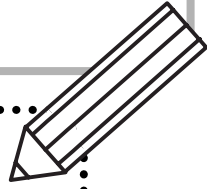
Colour in the areas that describe how you've been feeling recently.





Do you have a bucket list?

Draw your **top 6 things** you'd like to do when this is all over!



1



4



2



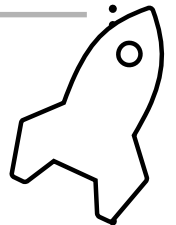
5



3



6



Growth Mindset Cards To help you when you get stuck!

Super Statements that help me grow

Change this

to this

- | | | |
|----|---|--|
| 1 | I'm not good at this | What am I missing? |
| 2 | I'm awesome at this. | I'm on the right track. |
| 3 | I give up. | I'll use some of the strategies I've learned. |
| 4 | This is too hard. | This may take some time and effort. |
| 5 | I can't make this any better. | I can always improve, so I'll keep trying. |
| 6 | I just can't do Maths | I'm going to train my brain in Maths. |
| 7 | I made a mistake. | There is always a lesson learned from a mistake. |
| 8 | They're so smart. I'll never be that smart. | I'm going to figure out how they do it. |
| 9 | It's good enough. | Just checking; Is it really my best work? |
| 10 | Plan "A" didn't work. | There are 25 more letters in the alphabet! |

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Growth Mindset



- Failure is an opportunity to grow.
- I can learn to do anything I want!
- Challenges help me to grow.
- Feedback is important.
- I like to try new things.

Fixed Mindset



- Failure is the limit of my abilities.
- I'm either good at it or not. My abilities won't change.
- I don't like being challenged.
- When I'm frustrated I give up.
- I must stick to what I know.

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Growth Mindset Cards To help you when you get stuck!

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The Super word:



Whenever you feel stuck just look at these sentences to give you a boost!



I can't do this...



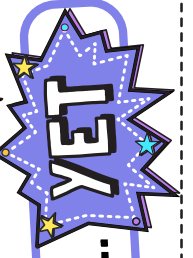
I'm not good at this...



I don't understand this...



It doesn't work...



This doesn't make sense...

YES! I DID IT!



Which step did you reach today?

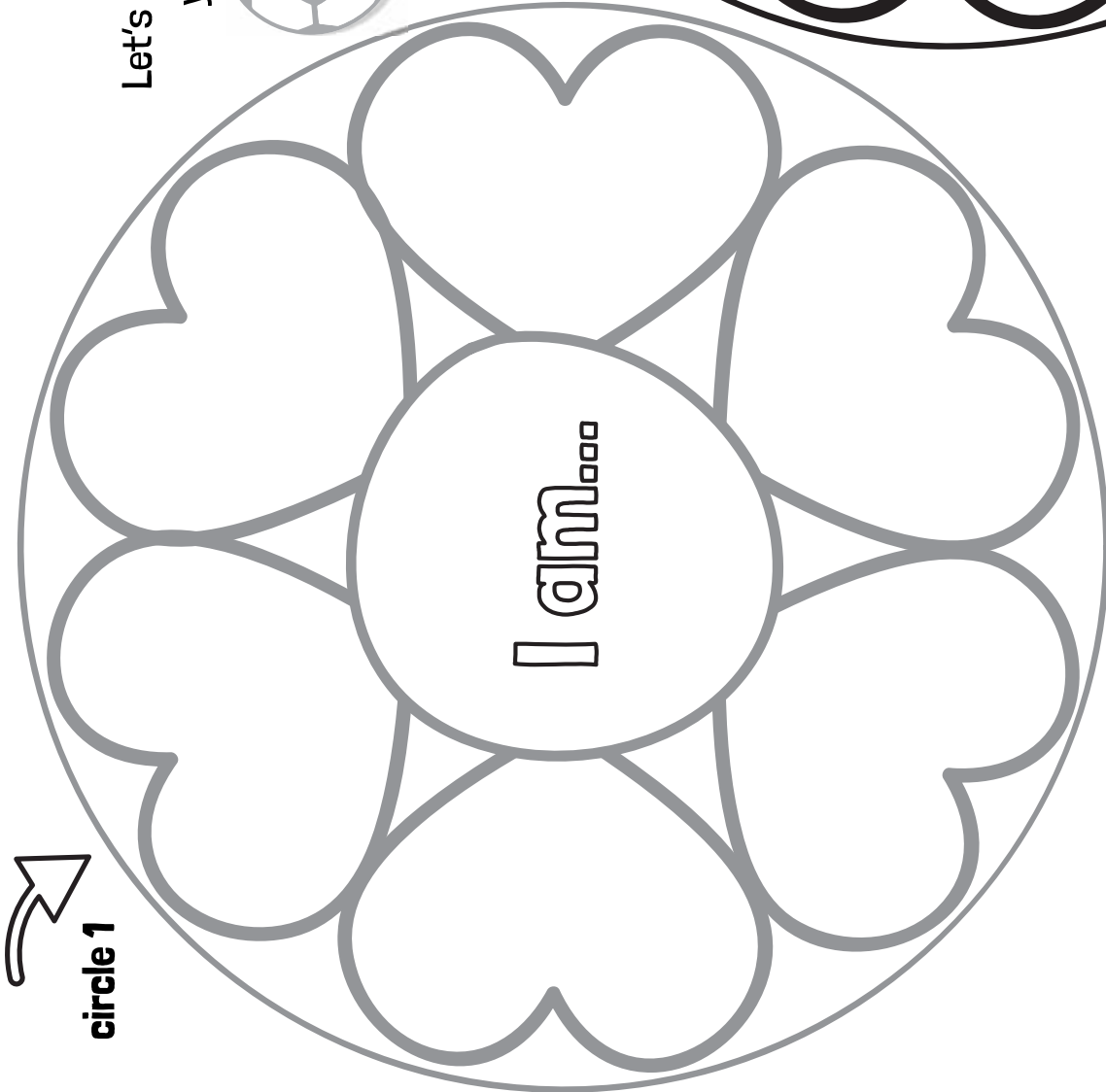
A staircase graphic with seven steps, each with a different colored box containing a sentence and a corresponding smiley face icon. The steps ascend from bottom-left to top-right.

- Step 1 (Purple): I will do it (Purple smiley face)
- Step 2 (Blue): I can do it (Blue smiley face)
- Step 3 (Light Blue): I'll try to do it (Light Blue smiley face)
- Step 4 (Green): How do I do it? (Green smiley face)
- Step 5 (Yellow): I want to do it (Yellow smiley face)
- Step 6 (Orange): I can't do it (Orange smiley face)
- Step 7 (Red): I won't do it (Red smiley face)

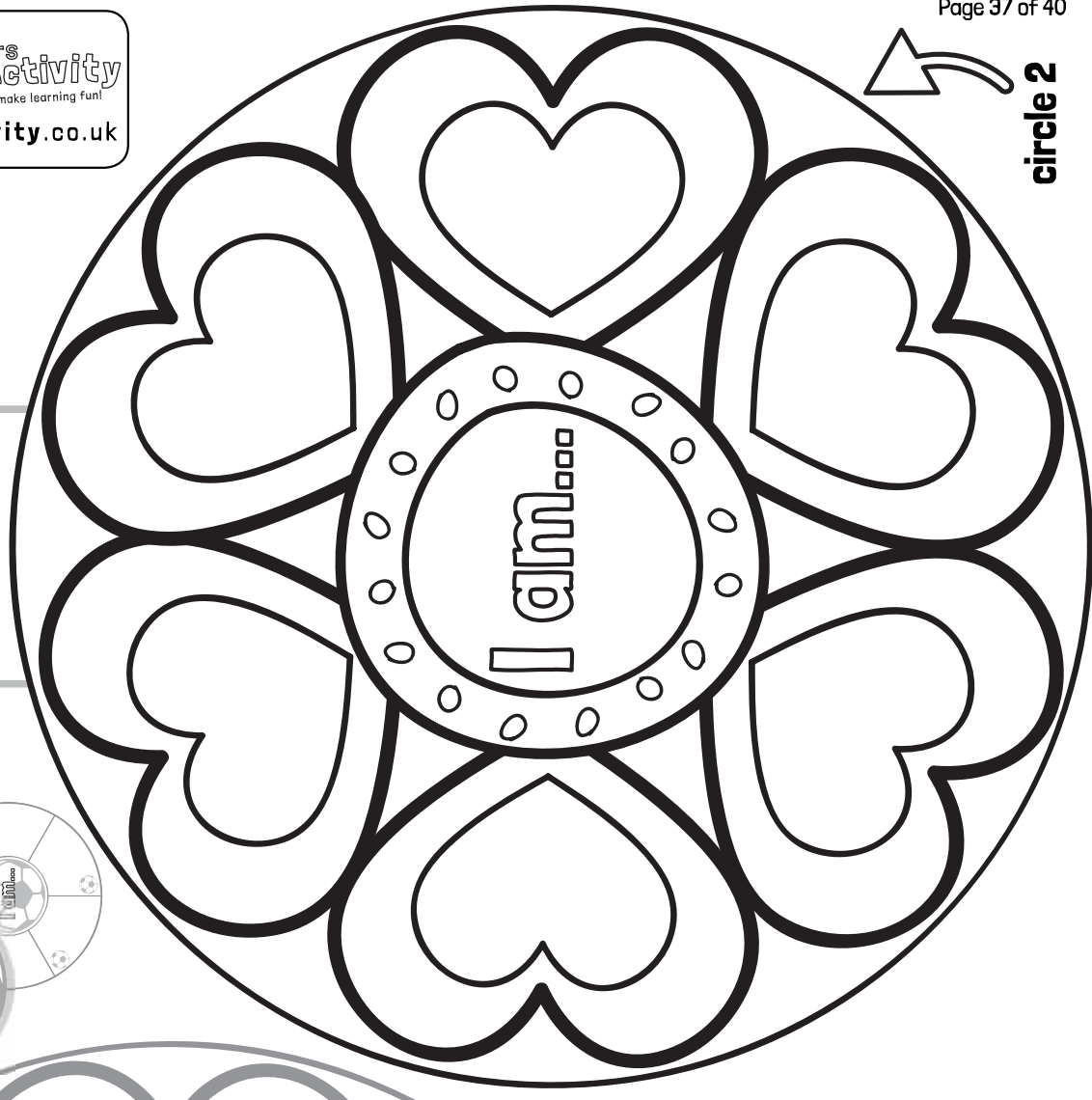
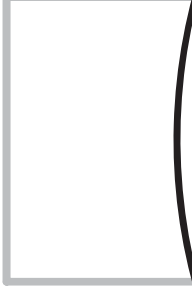
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Self Esteem Booster

Let's make our own special 'Boosters' – you can look at these whenever you feel like you need cheering up or feel stuck on something.



circle 1



circle 2

- ✓ Cut out both shapes on this page.
- ✓ Colour them in and decorate them with your favourite colours and patterns. Bend the tab on the circle 2 and attach to circle 1.
- ✓ Write in each petal something special, good or unique about yourself or what you can do.