

The not so scary wellbeing journal
for little people
Ideal for Key Stages 1 and 2



Journal user guide

This journal has been designed to be completed by any young person with guidance and discussion with a chosen adult. The resources for discussion at the back of the journal are to be used alongside certain activities which will be annotated in the chat symbol:



So write your name on your journal, the adult you will talk to about your journal and get stuck in. Good luck and have fun finding new things about yourself.

This journal belongs to

.....

I will talk about my journal to

.....



You've got a friend in me

Making friends with other young people is great fun and really important for our wellbeing, but what makes a good friend?

What do you think makes a good friend?



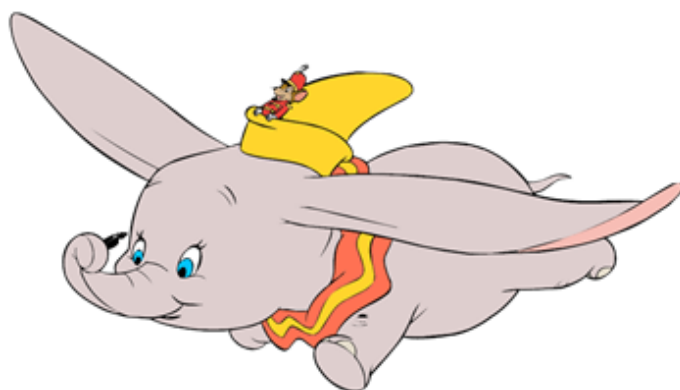
Why do you think you would make a good friend?



How should a friend not behave towards you?



Try something new



Trying new things is great
for building confidence and
finding activities and
hobbies you really enjoy.

Why not try.....

Model clay making

Emoji drawing

Playing an instrument

Baking scones

A local club

Some things I might try are:





"Venture
outside your comfort
zone. The rewards
are worth it."

Rapunzel

Giving thanks



We all say thank you when we are given something, whether that be an ice cream or a new bike. We can also be thankful for everyday things and events like the sun shining and friends to play with.

Challenge Time: Every day for the next week write down one thing you are thankful for. Then use your own notepad to keep writing and form a really positive habit.

Today I am thankful for.....



Day One
Day Two
Day Three
Day Four
Day Five
Day Six
Day Seven

Be kind to yourself

It is really important to be kind to yourself, even when you have done something silly, got into trouble at school or have upset someone.



Challenge Time: Every day for the next week look in the mirror and say something nice to yourself even if you don't really feel it. Once you have done a week just keep going. If you struggle with thinking of something, what might your friends or family say about you?

"I am brave" "I am funny"

"I am helpful" "I am artistic"

"I can do this" "I have a great smile"

Write down some nice things you could say about yourself.



Get inspired

You can find lots of stories about inspirational people on the Internet. You could call these real life hero's. Who's one of your hero's?

What is their name?

What did they do?

Why are they so inspirational?



What do you dream of doing?

It's great to have dreams of what we want to do and places we would like to visit. Some dreams can be quite straight forward and others can be out of this world.

I want to be a vet

I want to build a hotel on the moon

I want to travel the World

I want to bake a cake

Draw one or more of your dreams



When did you find something hard to do?

It might seem like annoying now but a major part of how we learn is by making mistakes. Every time you try something new, use the boxes below to record what you had to do, how well it went and if you would do it differently next time

What was your problem and how did you solve it?



Was this a good solution?



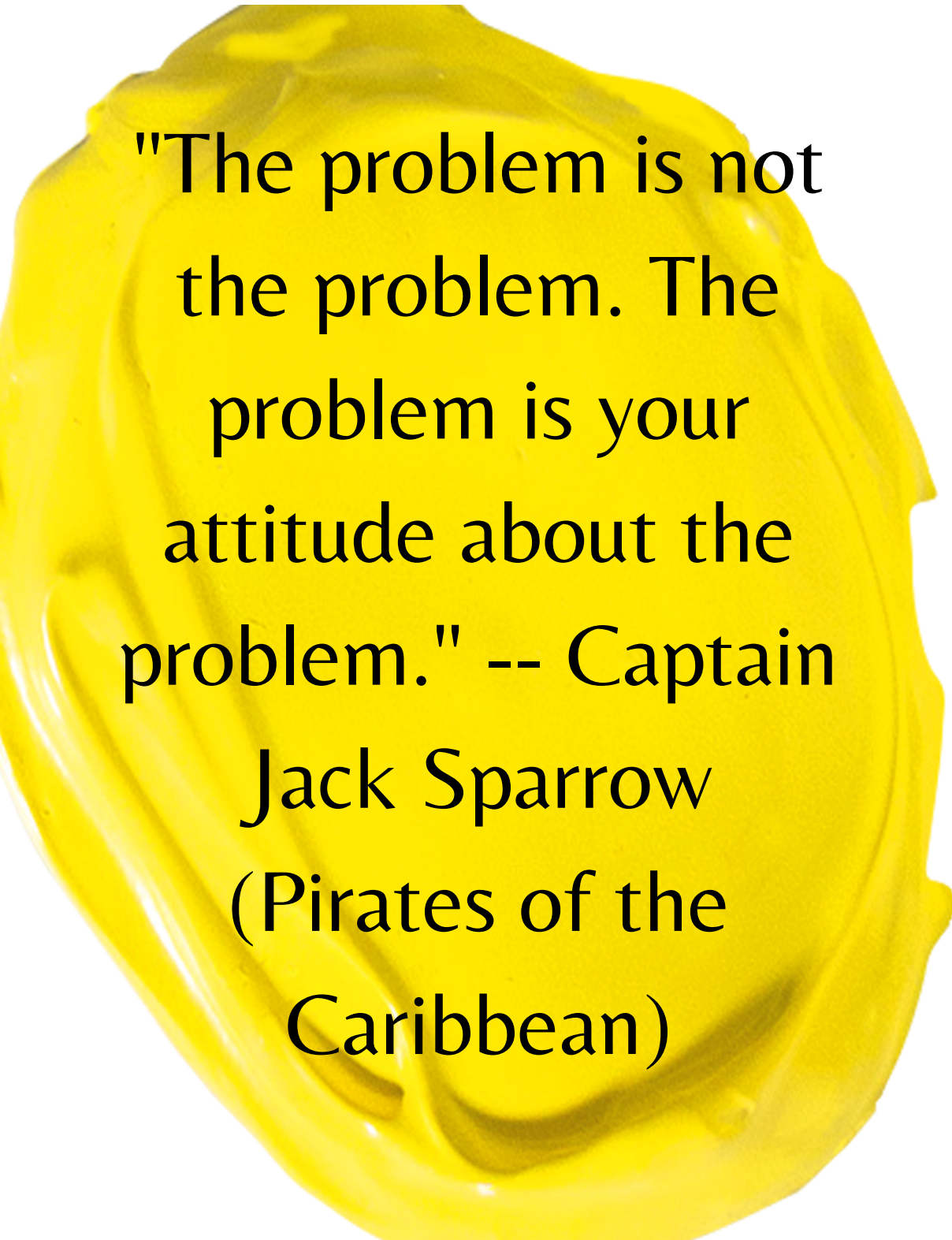
No - Not to worry, what would you do next time instead?



Yes - Then be proud of yourself and remember how you solved this problem.

“Do or do not. There is no try” - Yoda





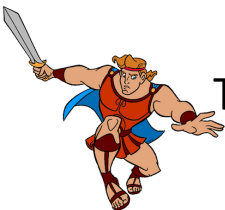
"The problem is not
the problem. The
problem is your
attitude about the
problem." -- Captain
Jack Sparrow
(Pirates of the
Caribbean)

Early Warning Signs

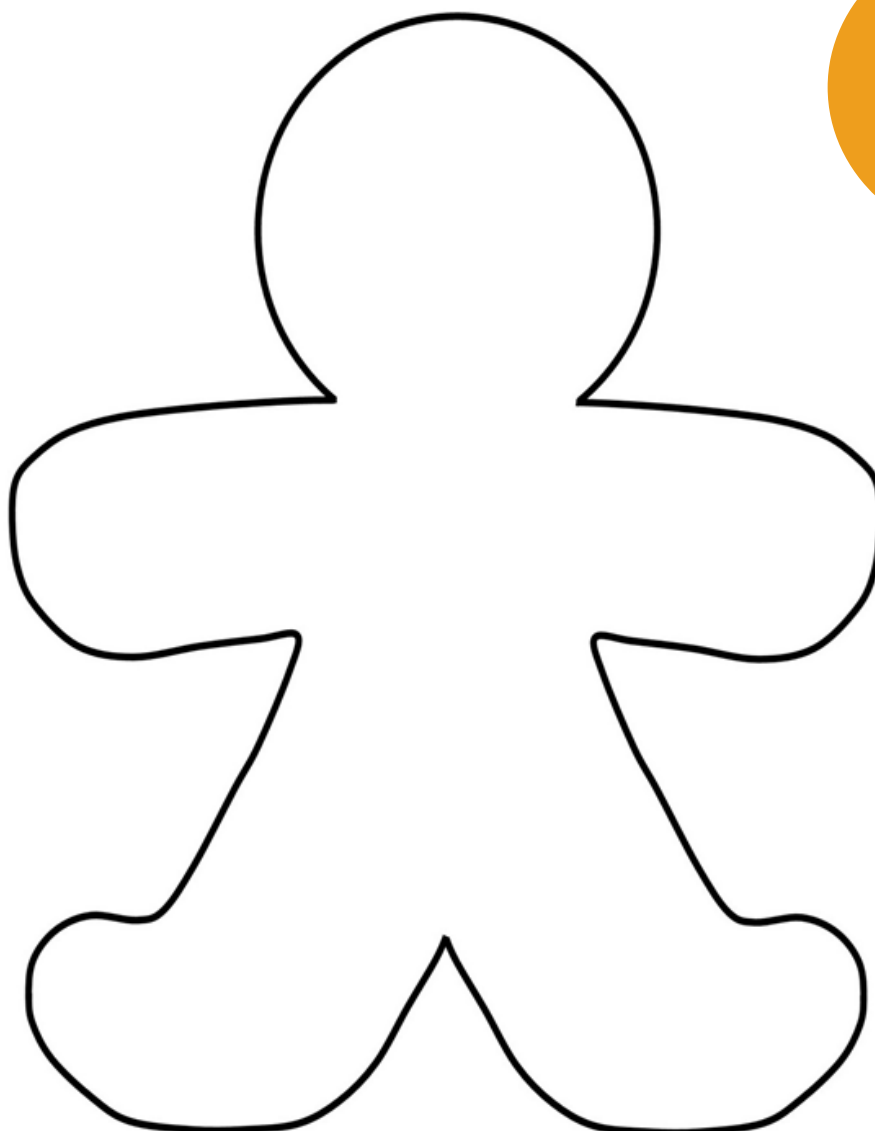
When we get scared or angry our body may feel different.

We may get a stomach ache, headache or wobbly legs.

These are all natural and part of the fight or flight (running away) response.



It's really helpful to know your early warning signs, so use the outline below to write or draw how your body feels when angry, worried or a mixture of both



See 'early warning signs explained' for discussion

Now we know our early warning signs, what should we do about them?

How to manage our early warning signs

It's really normal to feel the fight or flight response for many different reasons. The more we talk about how we feel the more relaxed we will feel in the future. SO, if you get the itch to run away (flight) or shout and kick your table (fight) then do the following:

1. Know your self

Get a notebook and write down what you are feeling and what is going on to make you feel like this?

2. Get some help

If you don't like the way you are thinking, feeling or behaving about something then talk to a friend, parent, carer or teacher.

3. Make a plan

When you start to feel your early warning signs either talk to someone about them or learn to switch them off by becoming a relaxation detective! (see next page)



If I feel in danger I will speak to

.....

If I need to calm down I will

Be a relaxation detective



People relax in many different ways including listening to music, deep breathing, getting some exercise, reading a book or having a bubble bath.

See 'Breathe Box' to learn deep breathing technique



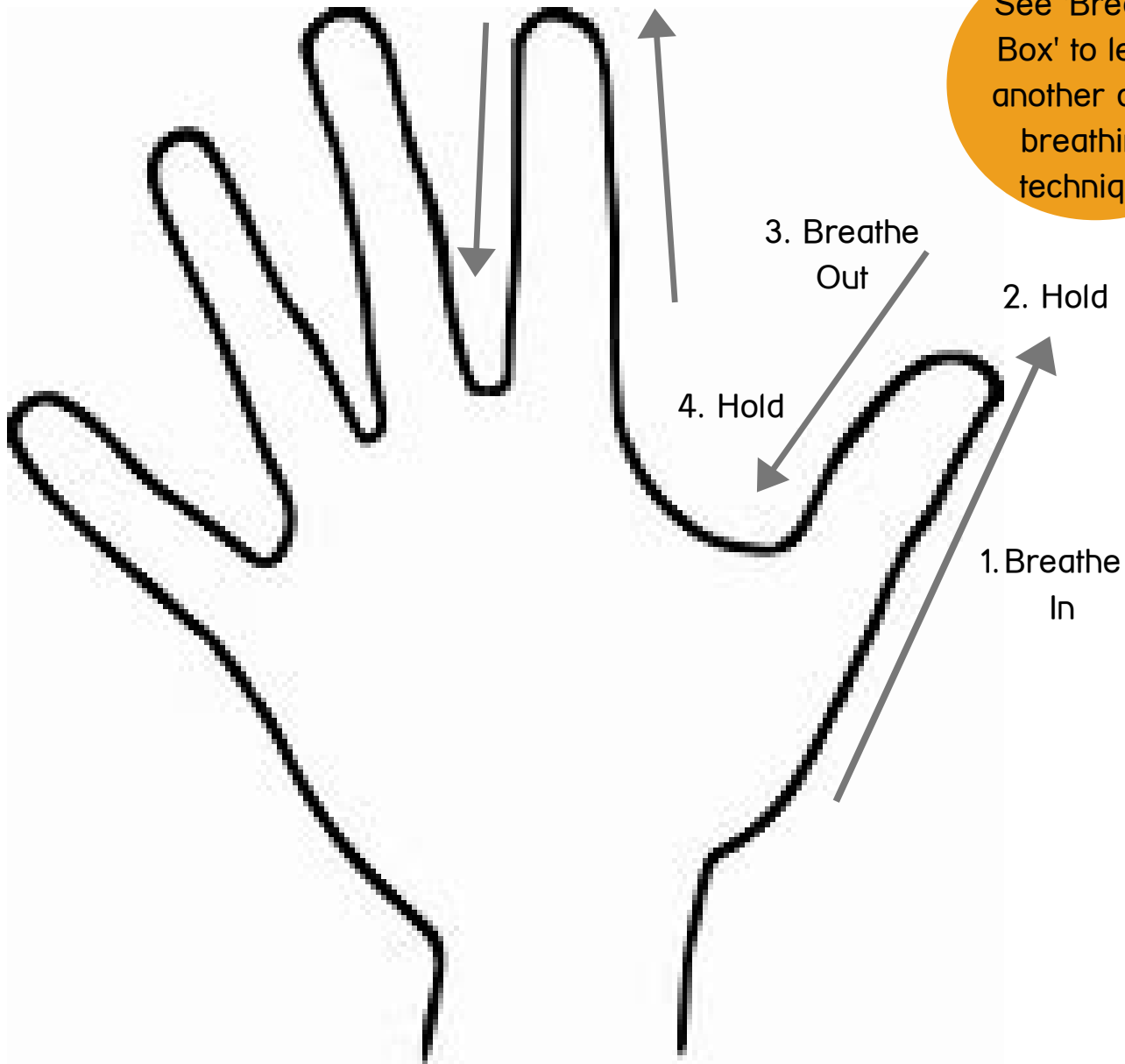
Ask friends and family how they relax and make a list here



Now decide what you will do to relax

And Breathe

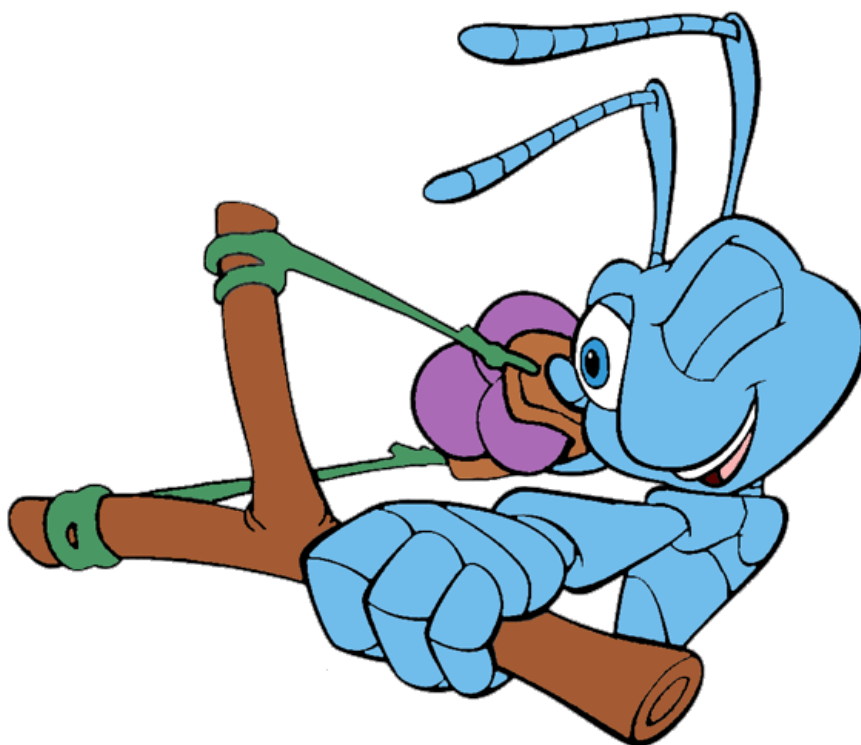
Deep breathing can quickly calm our body and mind down. Decorate the hand below or draw you own hand, then follow the instructions below.



See 'Breathe Box' to learn another deep breathing technique

1. Using your eyes or a finger, trace up the length of your thumb whilst breathing in deeply. Imagine a balloon in you belly inflating as you breathe in. If your belly expands you know you are doing it right.
2. Hold your breath for a few seconds whilst at the top of the thumb.
3. Slowly release your breath as you move down the length of your thumb.
4. Hold your breath again for a few seconds even though your lungs are empty
5. Repeat the process moving up and down the rest of your fingers.
6. Keep going until you start to feel more relaxed.
6. Congratulate yourself on being a deep breathing pro!

Resources for Discussion



Early warning signs explained

The biological symptoms to the fight or flight responses are detailed below

Vision blurry or tunnel vision as we focus on the danger or an escape route

Dizziness as a result of too much oxygen from rapid shallow breathing

Dry mouth as the digestive system shuts down as energy diverted to muscles

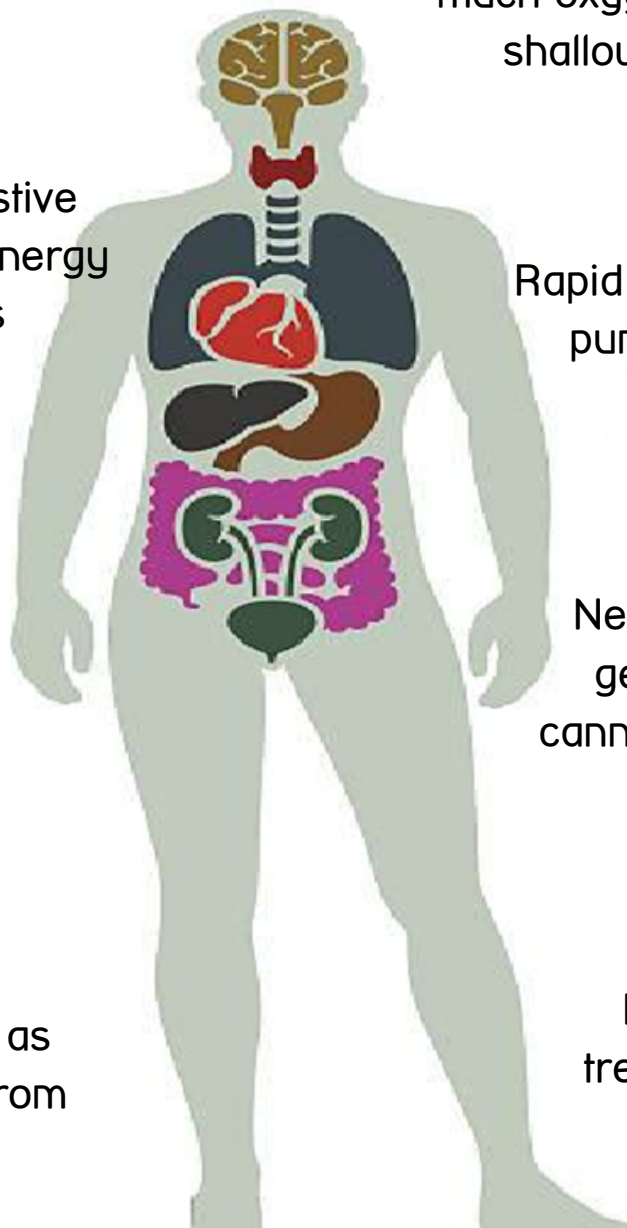
Rapid heart rate as blood pumped to enhance muscles

Cold clammy hands as blood diverted away. Sweating used to keep body cool and more efficient

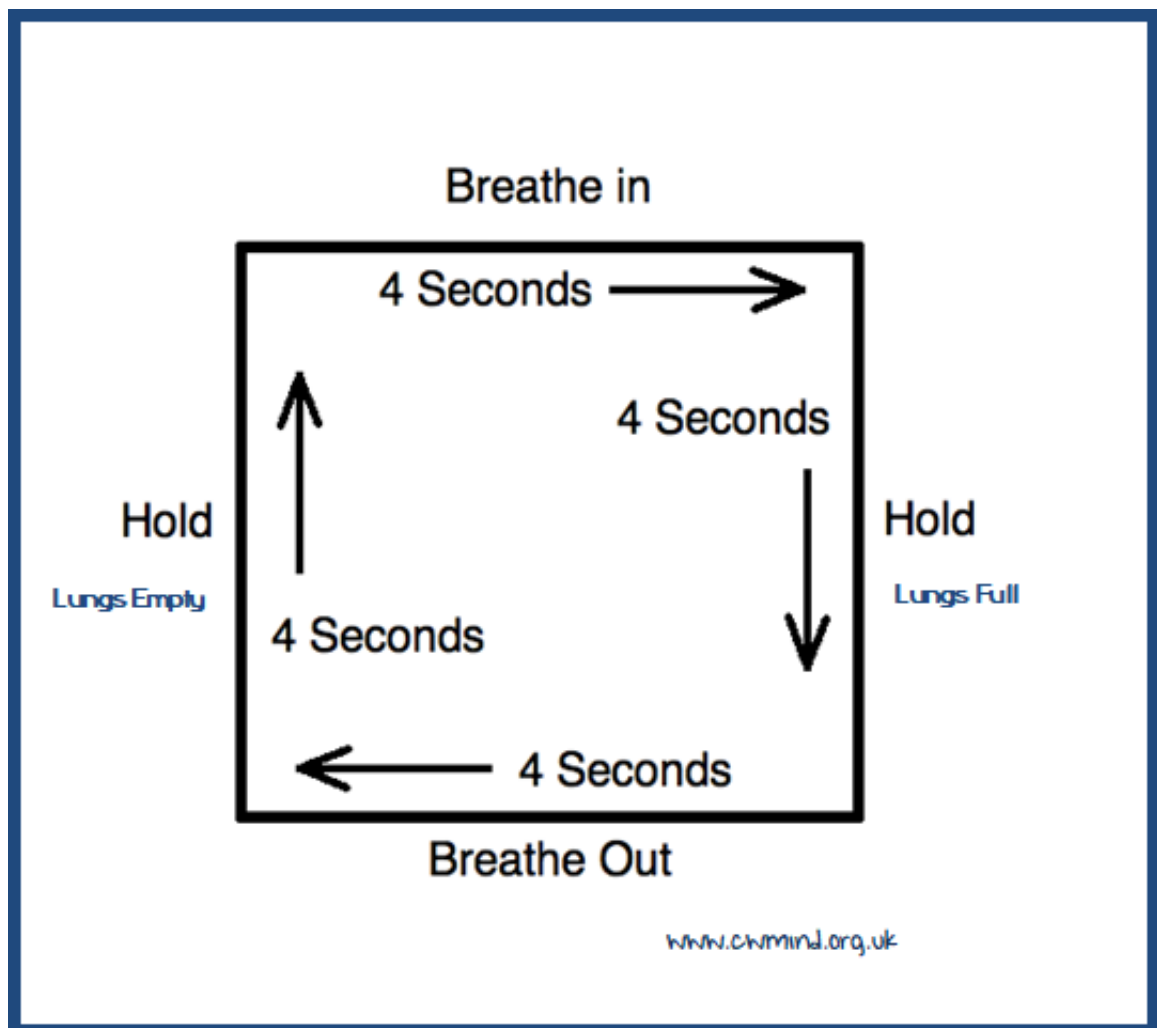
Need toilet as body gets rid of food it cannot currently digest

Nausea or butterflies as blood diverted away from digestive system

Muscles tense or tremble as body gets ready for action



The Breathe Box



- Start at the top and work your way round the box for as long as it takes to take effect.
- Try to inhale using your nose and then exhale through your mouth as if you were blowing through a straw .
- Ensure you are breathing from your diaphragm (belly). If you put a hand on your stomach you should feel it moving in and out as you breathe.
- The In -breath and Out -breath holds are as important as the deep breathing
- To use the box as a sleeping aid, hold for 7 seconds instead of 4.

