CHILDREN'S WELLBEING

My Wellbeing Journal

This journal belongs to







CHILDREN'S WELLBEING

All About Me

Fill in your favourites. Then draw yourself.

My favourite

Food _____

Song _____

Film _____

Colour _____

Book _____

Drink _____



Self portrait

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My Family and Home

Write about the people who look after you. Then draw them.



The people who look after me

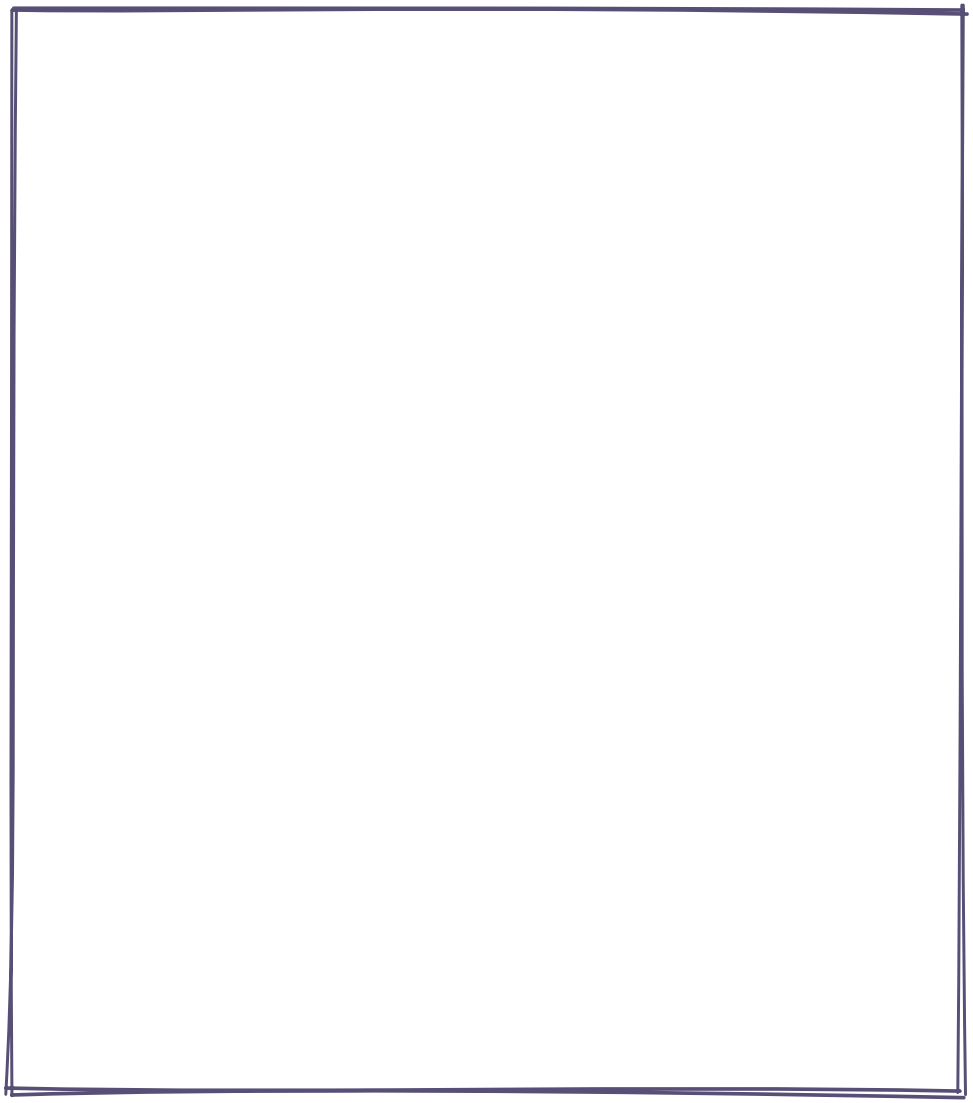


Me and the people at home

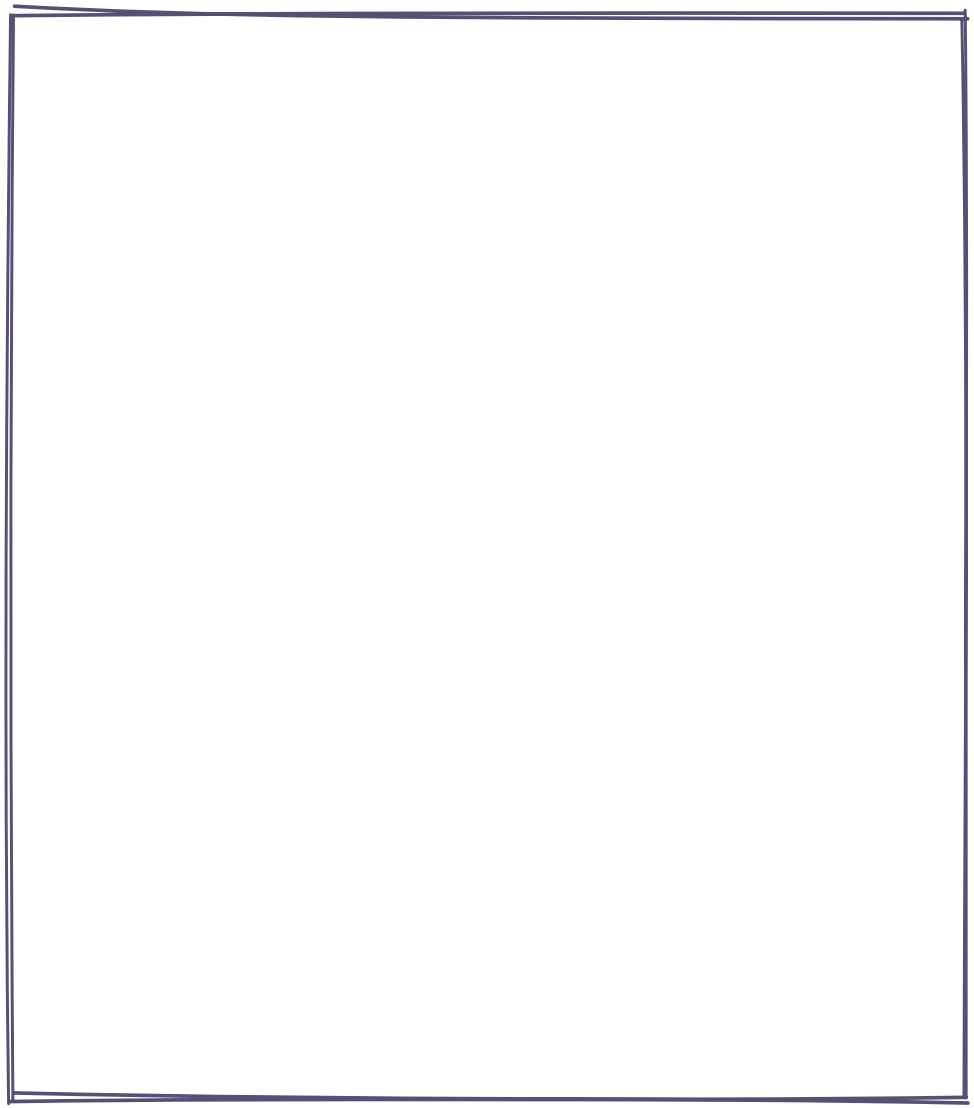
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My Friends

Draw two friends. Write their names underneath.



Name _____



Name _____

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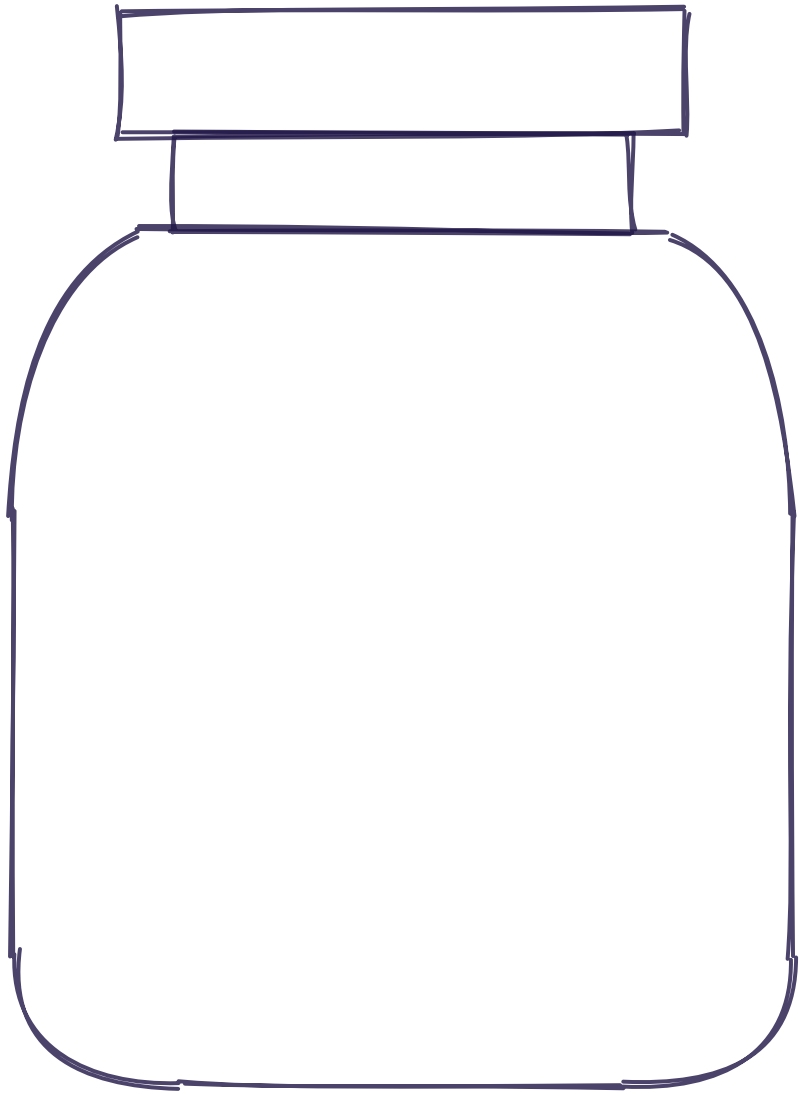
Gratitude Jar

Write words in the jar for what you are grateful for.

Think about your life. Write words in the jar that list what you are grateful for. Then write in more detail about one of them.



Tell me more about one



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My Feelings Check-In

Circle the face that fits how you feel. Then fill in the lines.

I am feeling

Date _____



Happy



Unsure



Sad



Shy



Cross

Why I feel this way _____

_____

_____

Something I want my teacher to know _____

_____

_____

Something I find tricky _____

_____

_____

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My Mindset

Finish each sentence in your own words.



One thing I like about myself _____

_____

_____

Or draw it



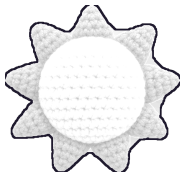
The best part of my school day is _____

_____

The hardest part is _____

_____

Or draw it



Something I am looking forward to _____

_____

_____

Or draw it

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Compliments

Kind words help us feel good. Write some and share some.



Kind words about me



A kind word from someone else



A compliment I can give this week

Written by _____

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Character Strengths

Circle three of your character strengths. Then write about one of them.

Perseverance	Perspective	Love	Teamwork	Gratitude	Bravery
Love of learning	Forgiveness	Kindness	Judgement	Creativity	Hope
Zest	Curiosity	Fairness	Spirituality	Honesty	Leadership
Prudence	Self-regulation	Humility	Social intelligence	Humour	Appreciation of beauty

My strength

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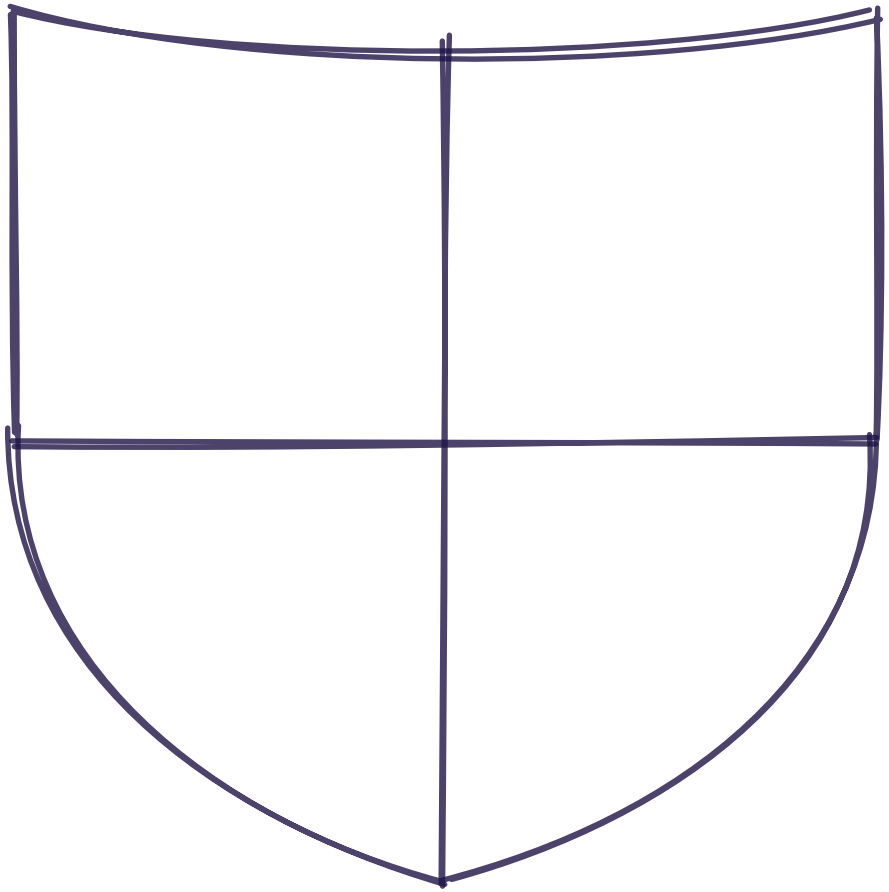
Character Strengths Shield

Ask your classmates to write what they believe your strengths are.

What I think are my strengths →

← **What my teacher thinks are my strengths**







What my friends think are my strengths →

← **What strength I need to work on improving**

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My Goals

Think of one goal for each box. Tick it when you reach it.

Academic

My goal is _____

I will do this by _____

I will know I did it when _____

Done ☐



Social

My goal is _____

I will do this by _____

I will know I did it when _____

Done ☐



Wellbeing

My goal is _____

I will do this by _____

I will know I did it when _____

Done ☐



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Notes for Teachers

A short guide to using this journal.

How to use it

- Made for 1st to 4th class, roughly ages 6 to 10. Adapt it for your pupils.
- Use one page at a time over a few weeks. There is no need to finish it in one go.
- Pupils can skip any page.
- Read prompts aloud or scribe for pupils who need it.
- Drawing is always welcome in place of writing.

Getting the most from it

- Do the Feelings page often. The date line lets you see how it changes.
- Use the Strengths pages as a class. Pupils can swap journals for the shield.
- Store pupils' pages securely. Return them or shred them at the end of the year.

Looking after what pupils share

- Look over the Feelings page privately, not in front of the class.
- If a pupil shares something that worries you, tell your school's Designated Liaison Person (DLP) and follow your school's child protection procedures.
- Pupils live in many different family set-ups. Let them choose who to write and draw about on the Family and Home page.
- This journal supports conversations in class. It does not diagnose or assess pupils.

