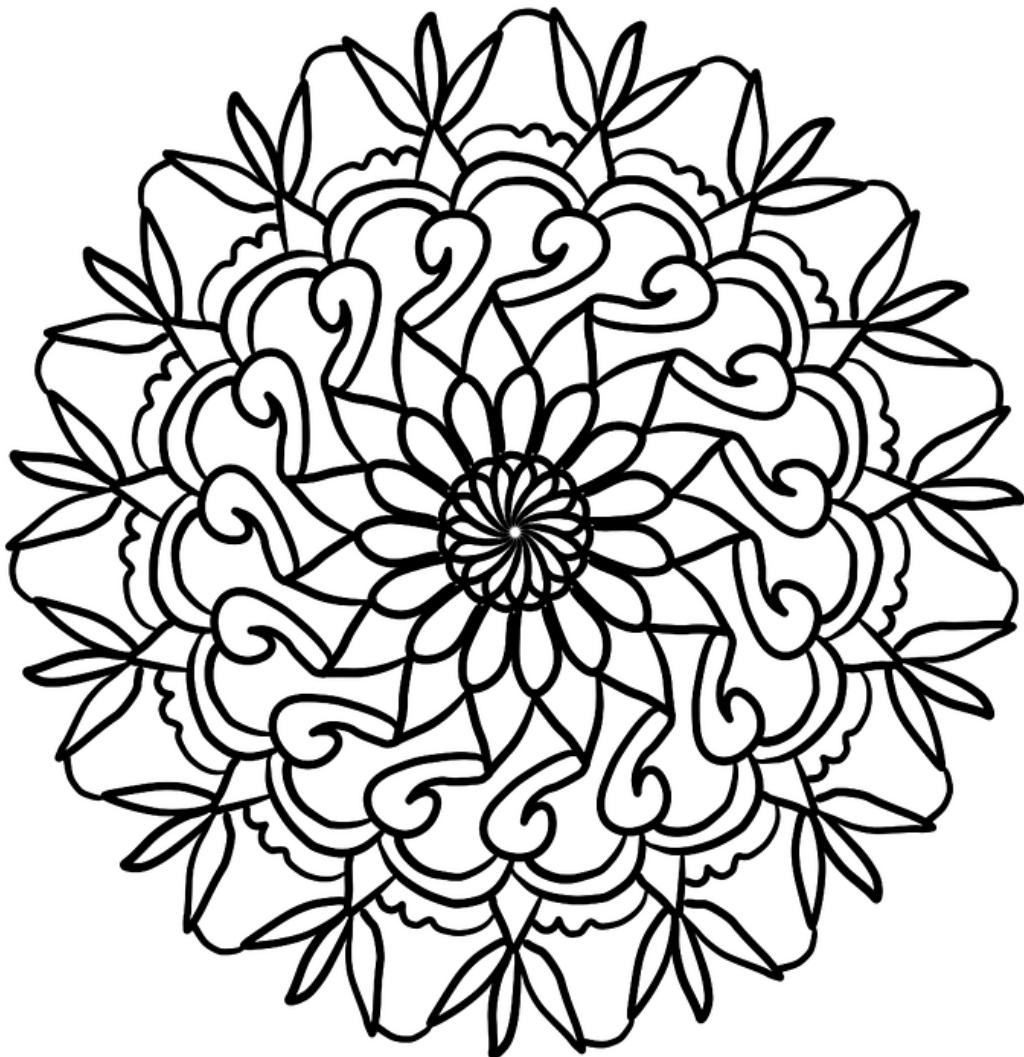


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Miss Tinks -
Growing Minds

My Wellbeing Journal



Looking After My Wellbeing

The **5 Ways to Wellbeing** are a really good way of making sure that we are looking after our minds and our bodies properly. Especially when things can feel so unsure at the moment.

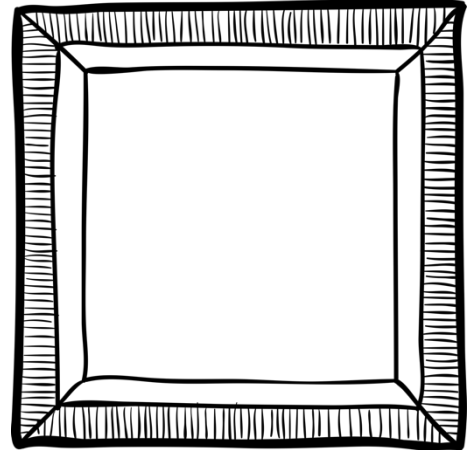
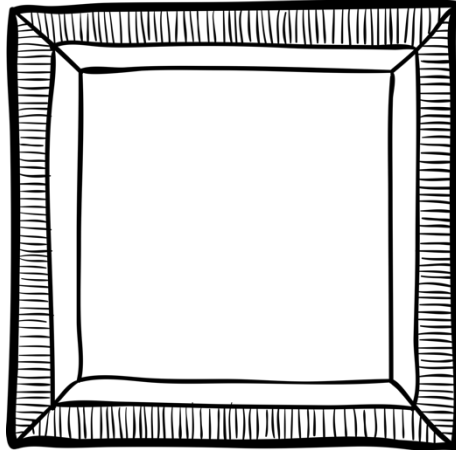
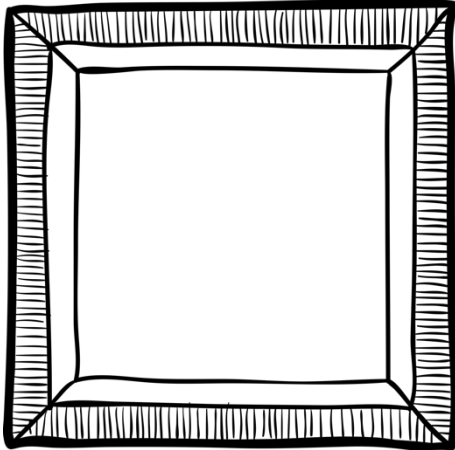
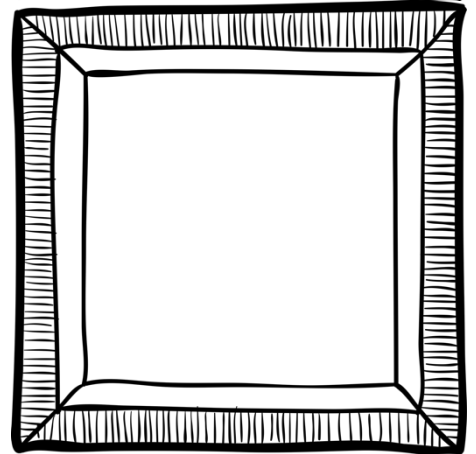
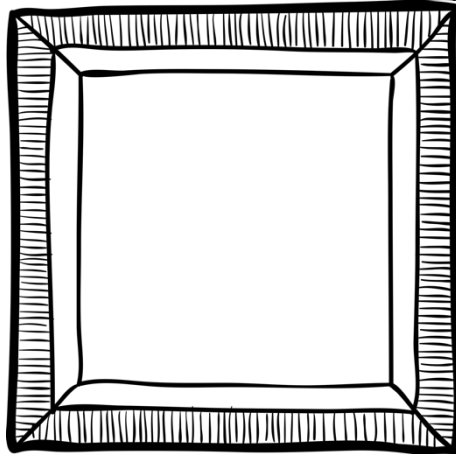
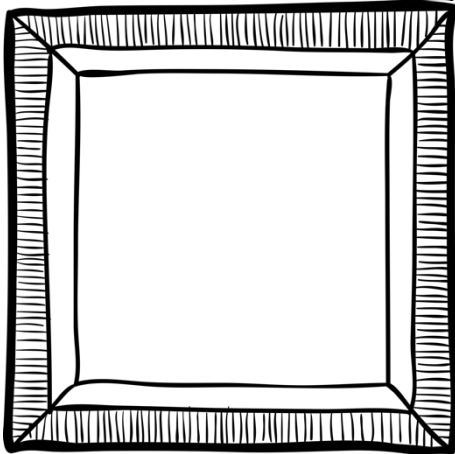
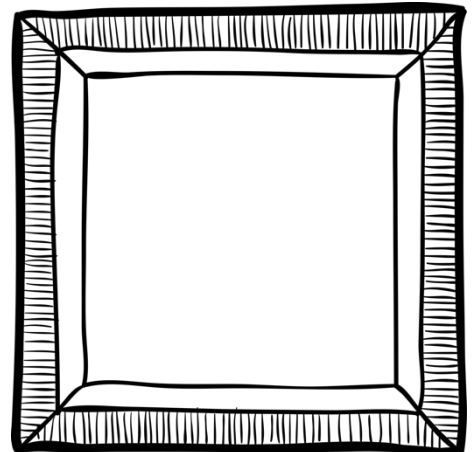
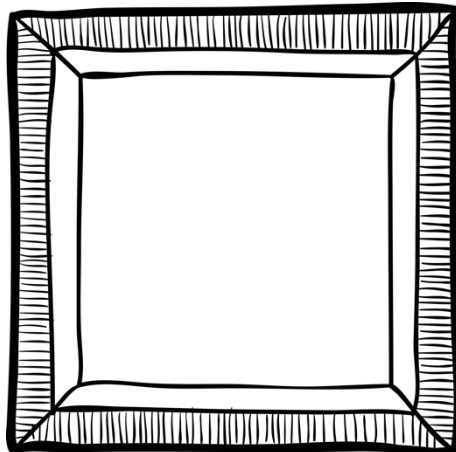
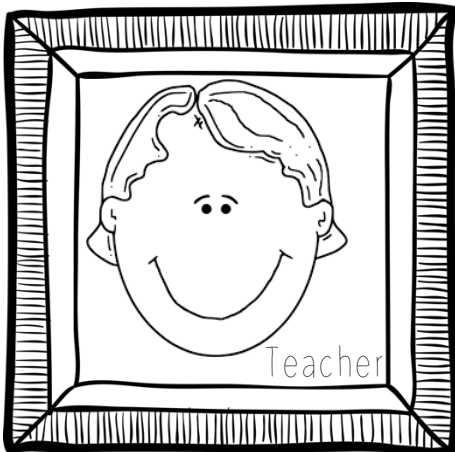
Write my best friend a letter



Learn more Spanish

Connect

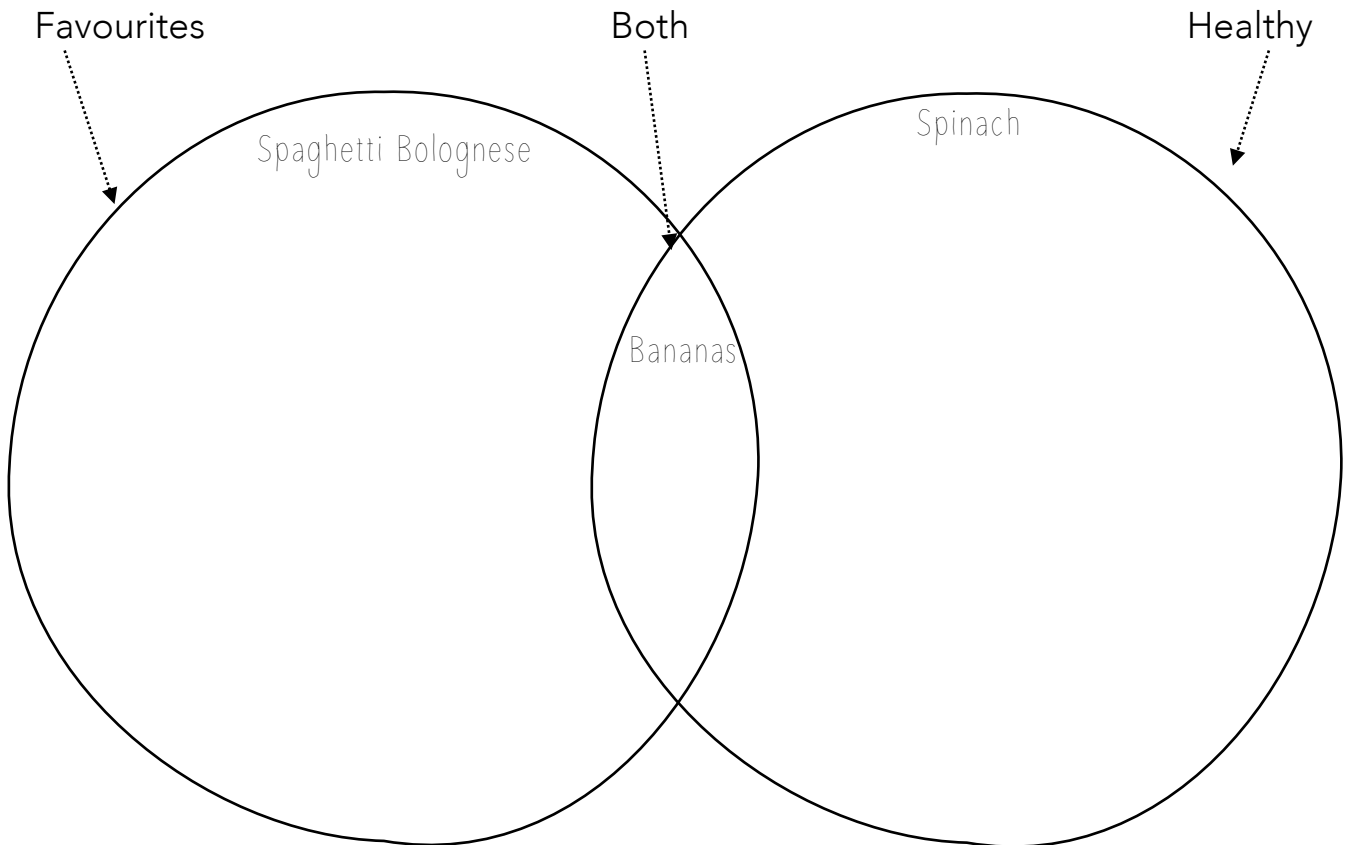
Who can I connect with to help **my** wellbeing?
Who can I connect with to help **their** wellbeing?



Remember: there are lots of different ways you can connect with people if you aren't able to meet them!

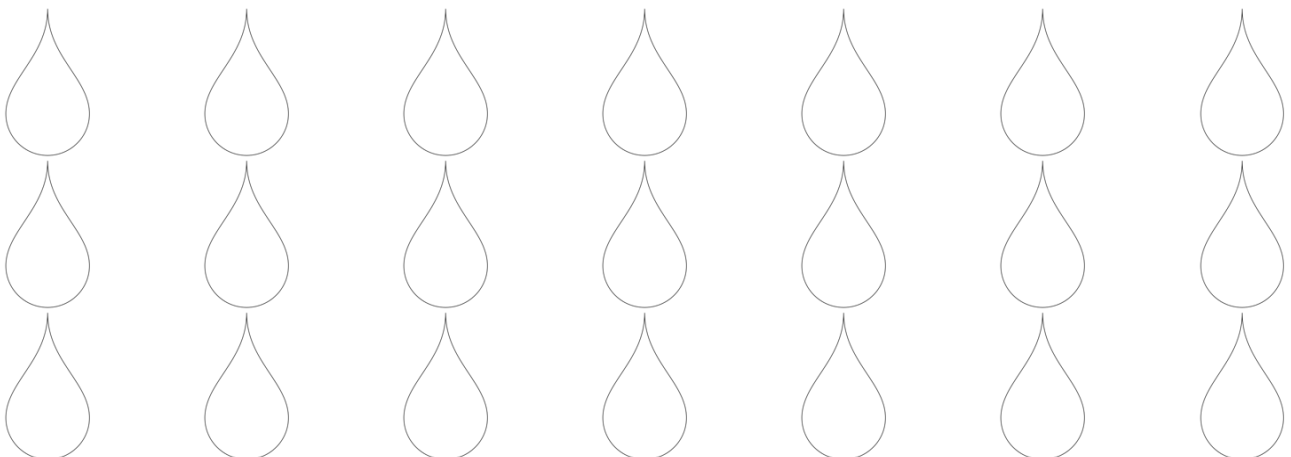
Eat + Drink Well

Make sure you are feeding your body properly by giving it a mix of foods that make you feel good and foods that are good for your body and health.



A great way to make sure that you are staying hydrated is to keep a record of how much water you drink.

1 cup of water = colour one water drop



Keeping Active

Finding new ways to keep active keeps your brain creative, works different muscles and builds new skills. Fill these boxes with ideas of different activities you could try.

Indoor Activities

Dancing to music

Outdoor Activities

Walk around the neighbourhood

Activities I am already good at

Roller skating

New activities I can try

Yoga

Don't forget to share your ideas – you might be good at something that your friends haven't tried yet and they might be able to teach you something new!

Be With Nature

You can be more creative with nature than you think! Use this page to think about how you can be with nature both outside and inside, too!

Outside

Make art from leaves and sticks

Fresh air through the window

Inside

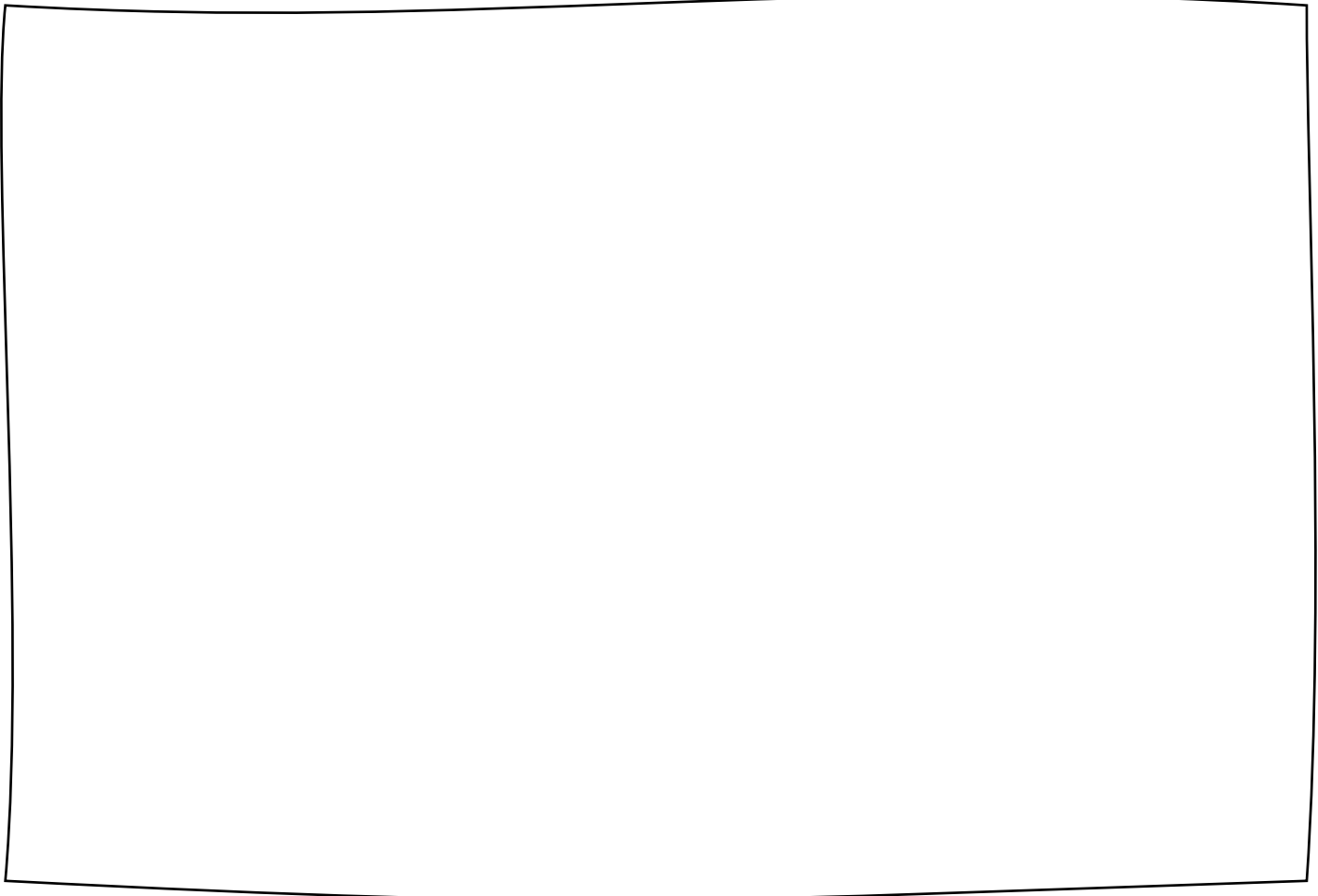
Think about how you could do these things **inside** if you can't get **outside**:

Fresh Air	Birds	Insects	
Walks	Places	Sounds	Animals
	Food	Art	

Feel Safe

The most important thing when things don't feel right outside in the world, is that you can feel safe. A great way to make sure you can feel safe is to have a safe space.

Use the space below to design your safe space
(somewhere in your house is a great place to choose!)

A large, empty rectangular box with a thin black border, intended for a child to draw their own safe space. The box is oriented horizontally and occupies most of the page's width and a significant portion of its height.

Your safe space might include:

- An adult who can help
- Things that might take your mind off it: like colouring, board games, puzzles
- A way to listen to relaxing sounds like nature or music
- A space to calm down, to do deep breathing or relaxing exercise (like yoga)

Anything that makes you feel calmer should be in your safe space so that you can use it easily if things do get too much.

Take Care

with news and information

When we research at school, we use **reliable sources** which will give us information that is **factual**. At the moment, lots of people are reporting on different topics and can sometimes write about things pretending that they are true. Just like when we research, we should decide if the source we have got the news from is a reliable one. Here is a list of reliable organisations and websites we can look out for when we read information.



With a grown up, you could research these organisations to see how they can help and what information we can learn from them.



HM Government

NSPCC



World Health Organization