



Waverley  
Education  
Foundation

# My Wellbeing Journal

KS2/3

This journal belongs to: \_\_\_\_\_

# Looking after your wellbeing



You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

## Eat Well and Stay Hydrated



- Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels.
- Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app to remind you.

## Connect with people - Stay in touch digitally



- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

## Try to keep active



Build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities, such as:

cleaning your home    dancing to music    going up and down stairs    online exercise

## Get as much sunlight, fresh air and nature as you can



Spending time in green space or bringing nature into your everyday life can benefit your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

It's possible to still get these positive effects from nature while staying indoors at home. You could try: Spend time with the windows open to let in fresh air.

Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky or watch birds and other animals.

Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one or open your front or back door and sit on the doors.

# 10 MINUTES TO RECOGNISE THE GOOD STUFF



Things, people and places you like:

One thing that's going well for you right now:

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One thing you've worked hard to achieve:

Two people you can count on for kind words or a warm hug:

---

Three things you're looking forward to:



## Take 5 Breathing

Hold out your hand like a star  
 Pretend your pointer finger (other hand) is a special pencil  
 Trace up and down your fingers  
 Breathe in as you go up  
 Breathe out as you go down  
 Go slowly and notice how it feels



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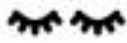
## be mindful®



Breathe In. Breathe Out –  
 Feel the flow of breath.



Be aware of every daily  
 activity (texting, working)



Pay attention to all  
 your senses – notice  
 taste, texture of food.



Go outdoors – Walk  
 around in nature.



As soon as the mind  
 wanders, bring it back  
 to your breath.



Forgive yourself for every  
 negative thought.



Empty the Mind –  
 Take a few  
 moments to be still.



Be grateful – say  
 thank you to nature,  
 people and things.



Practice non-  
 judgemental listening.



Go easy on yourself  
 with time, you will see  
 the progress.

## Self-care

I need...

### Rest/ Relaxation



- Listen to music
- Take a timeout
- Bubble Bath / Shower
- Take a nap
- Watch fave movie
- Read Book/ Magazine

### Expression



- Draw / Paint
- Sing/ Dance
- Gardening
- Sports

### Companionship



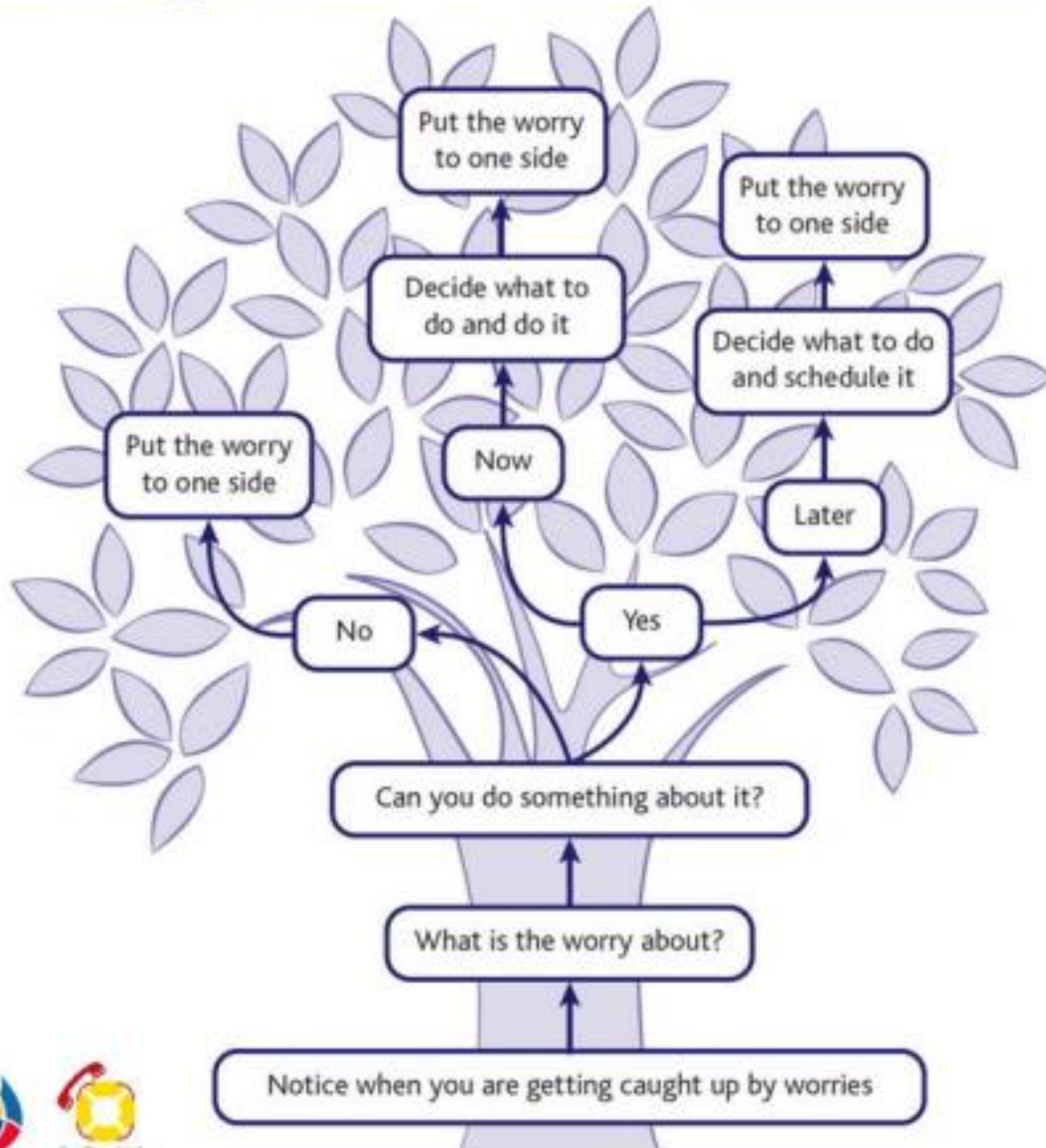
- Call a Friend
- Write a Letter
- Play with a pet
- Go for a walk with a friend
- Spend time with family

### Health / Spirituality



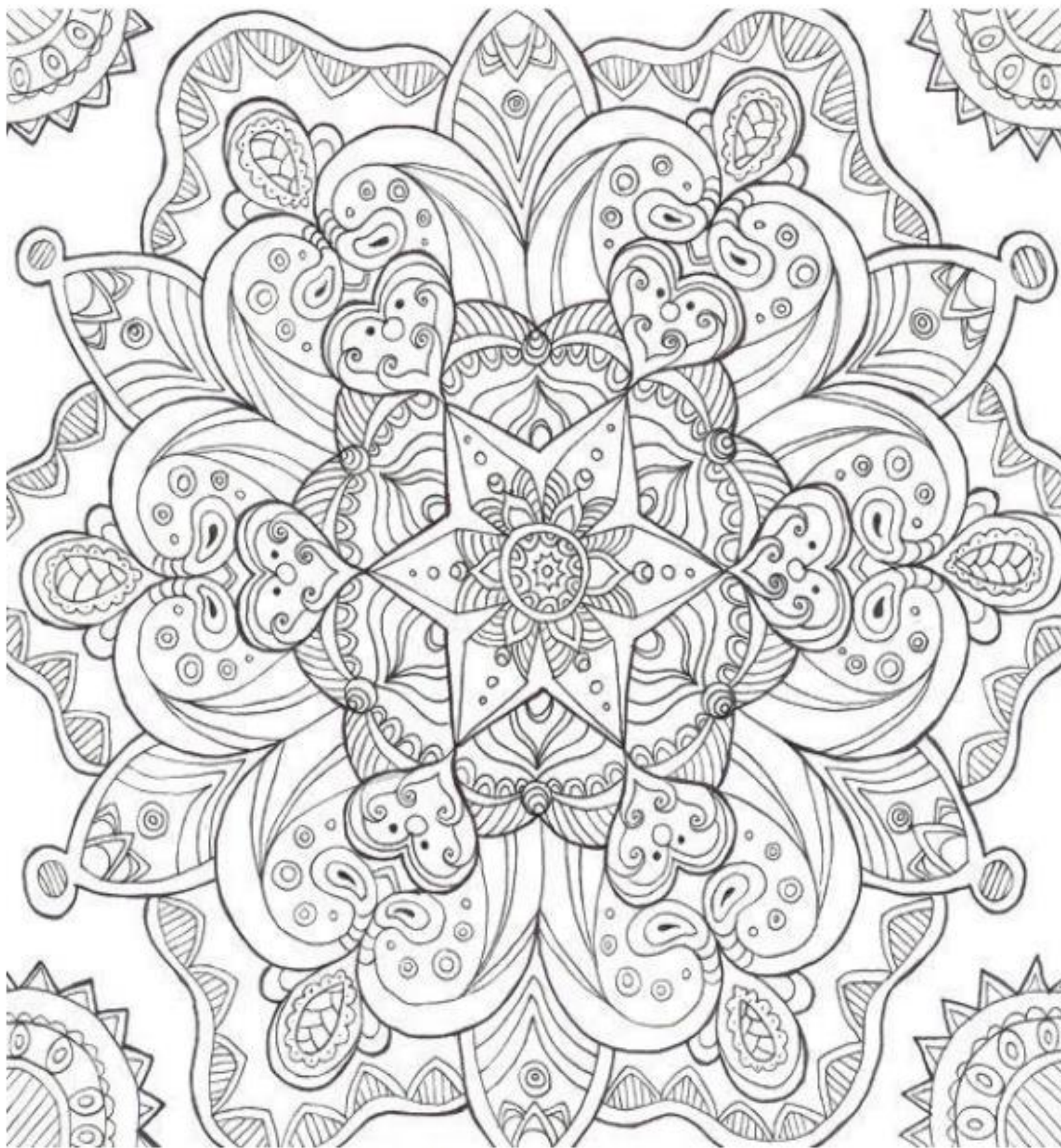
- Make a healthy snack
- Practice yoga
- Go for a walk/ run
- Mindfulness
- Positive Affirmations

# Worry Tree

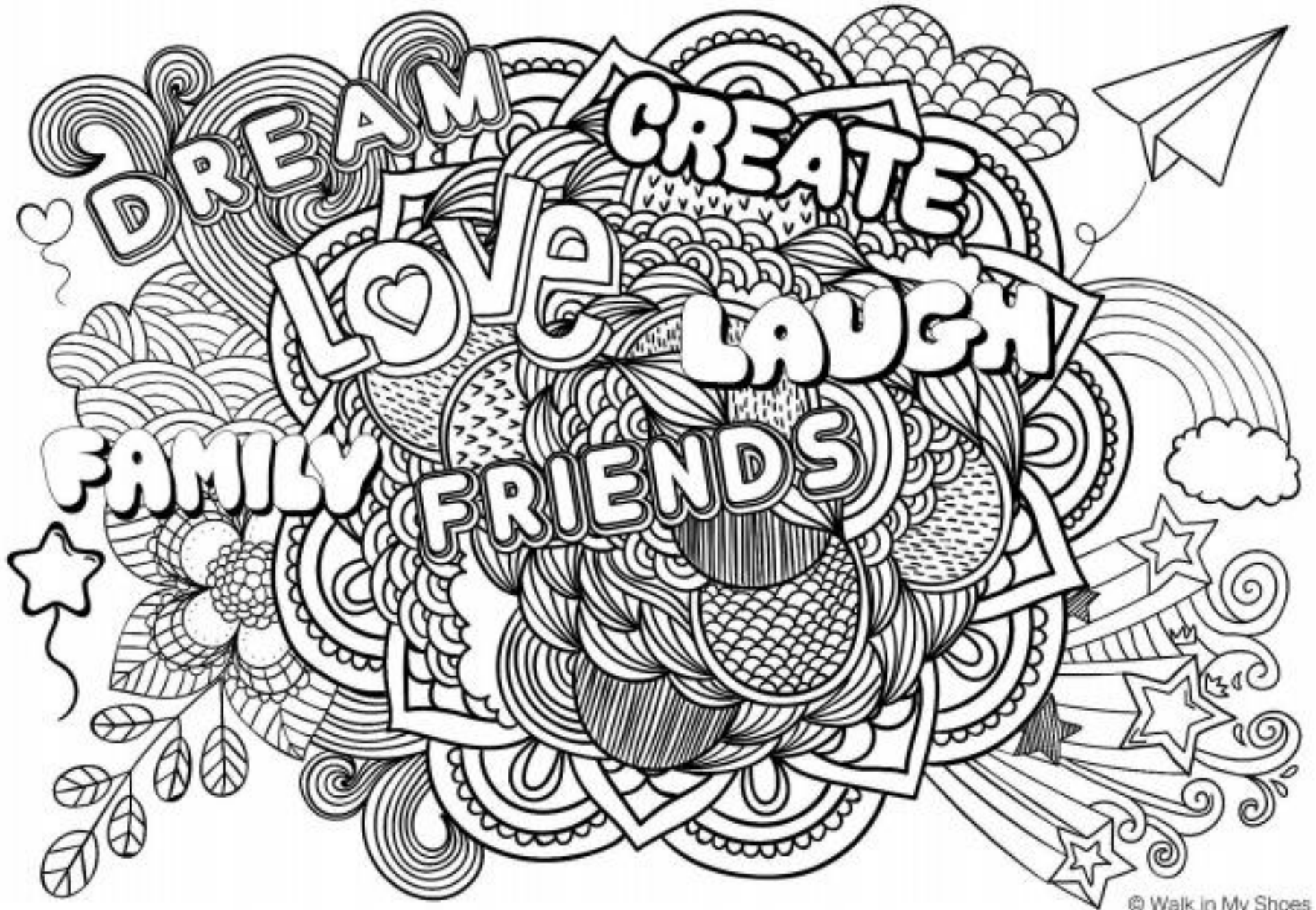


## Try some Mindful Colouring... ✨

Mindful Colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.



Mindfulness can improve our overall sense of well-being. We feel more relaxed by paying attention to the present moment. We are also practicing training our minds to focus which can help in our study and work.



© Walk in My Shoes



ColoringGarden.com





Do some journaling,  
drawing or painting.



Listen to music...  
make a new playlist!



Put on some music and  
have a dance! Release  
some happy endorphins!



Unwind with some  
yoga...  
Check out yoga for  
beginners on YouTube!



Play an instrument  
or write a song.



Relax and read a book



Play a game online with friends

# sleep & mental health

NAME:

Teacher:

Class:

contents



learning objectives

learning from home pack

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- To explore the importance of a good nights sleep
- To understand how high quality sleep can help support good mental health
- To understand good bedtime routines

What is mental health?

Wellbeing Boots

What is sleep?

Mindful Colouring

Healthy Body and Mind

How to get a good night's sleep

Book Review

Question Tree

Sleep and Relaxation

How sleep helps you

Mindful Colouring

Sleep issues and effects

Mindful Colouring

Recognising Positives

Helping Others

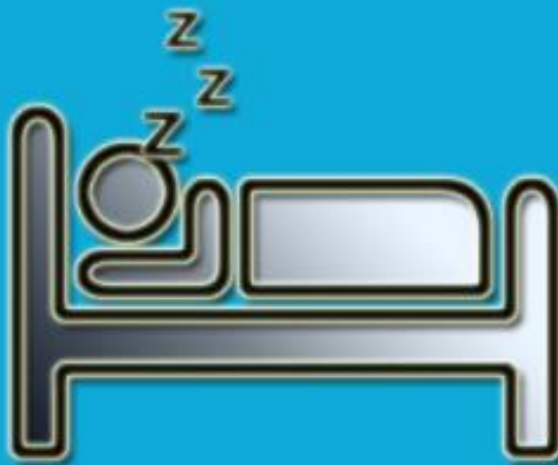
Managing Anxiety

Sleeping Cube

Progress Passport

30 Day Wellbeing Challenge

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CRE<sup>8</sup>TIVE RESOURCES

Mental health is the way you think or feel about yourself and the world around you. It's related to how you cope with life's challenges and stresses. An event like the Covid-19 pandemic could affect your mental health and ability to cope. Mental health is important at every stage in life, from childhood through to adulthood.

### What is Positive Wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Social Wellbeing** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical Wellbeing** (Movement, whether in sports or walking, movement that brings joy.)



### Did you know?

*Looking after your mind is just as important as looking after your body and caring about your physical fitness.*

*When we're physically ill, we visit our GP or seek support and help but people are less likely to do the same when it comes to looking after emotional wellbeing.*



**“Good mental health is when you can feel happy and positive about yourself and enjoy life and learn well. Good mental health helps you to have healthy relationships with family and friends and enables you to manage sad, worrying or angry feelings and you can bounce back from during tough times.”**

**“Poor mental health indicates a feeling of not being in control with your emotions, long term negative emotions, difficulty expressing yourself emotionally, feeling alone or isolated, extremes of emotional states such as rage, suicidal thoughts, feeling disconnected. Mental health can affect your physical health.”**



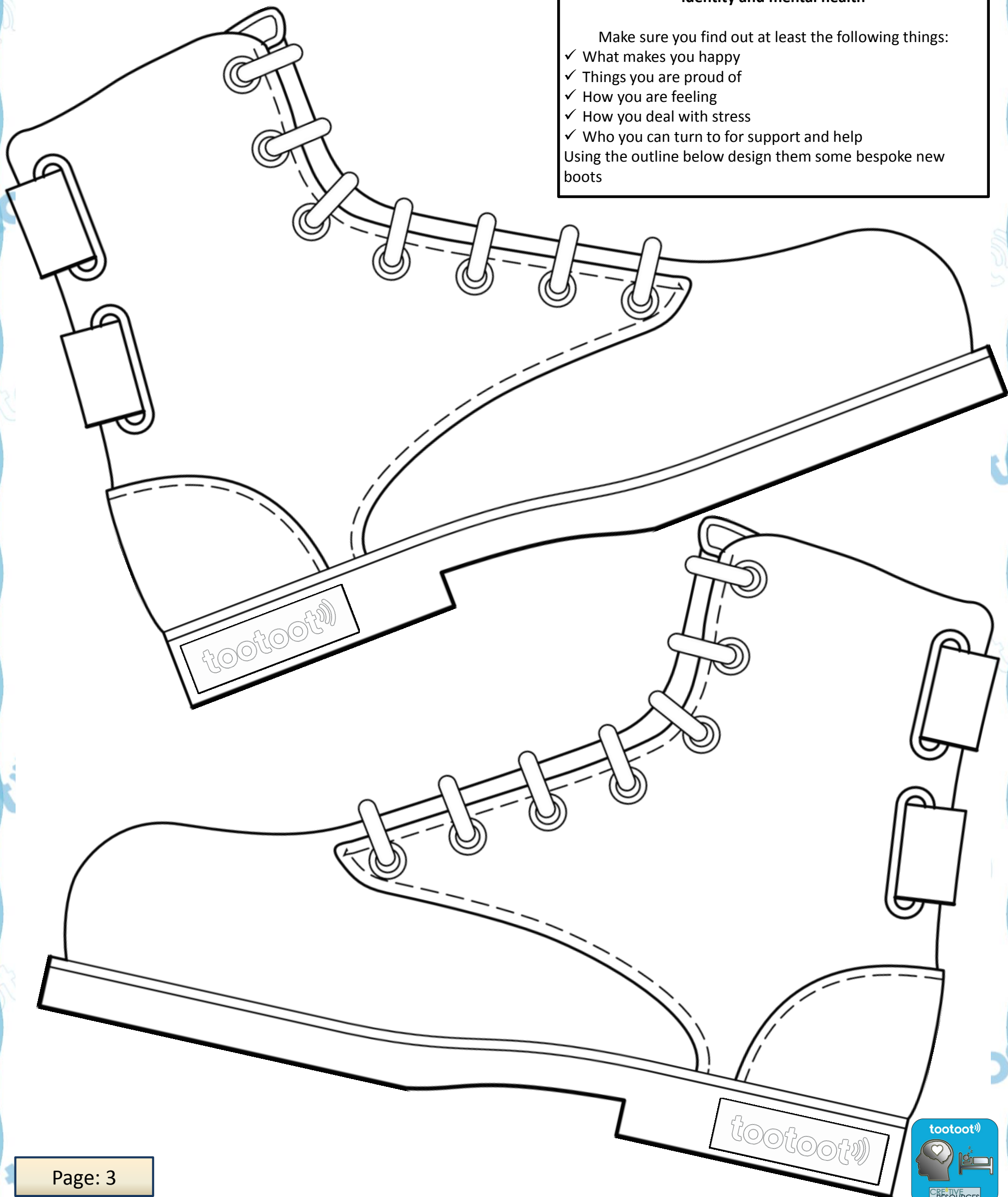
# A Pair of Wellbeing Boots!

Design a brand new pair of boots that reflect your own identity and mental health

Make sure you find out at least the following things:

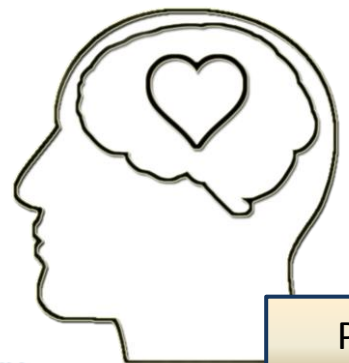
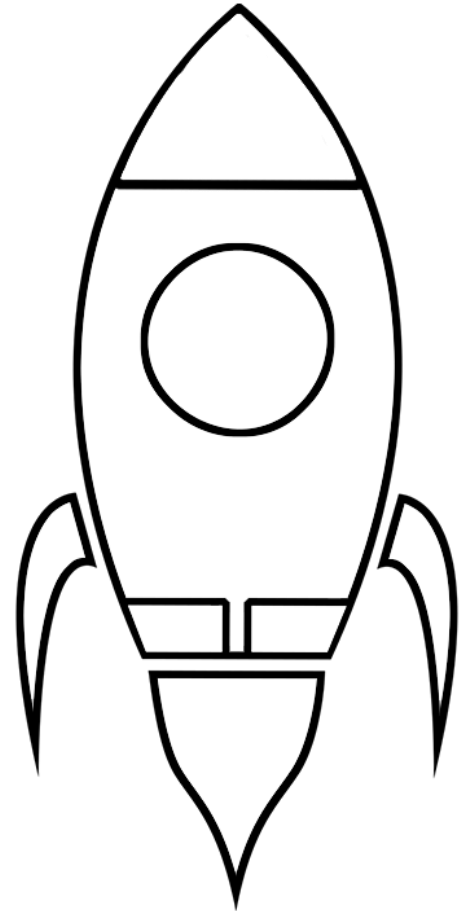
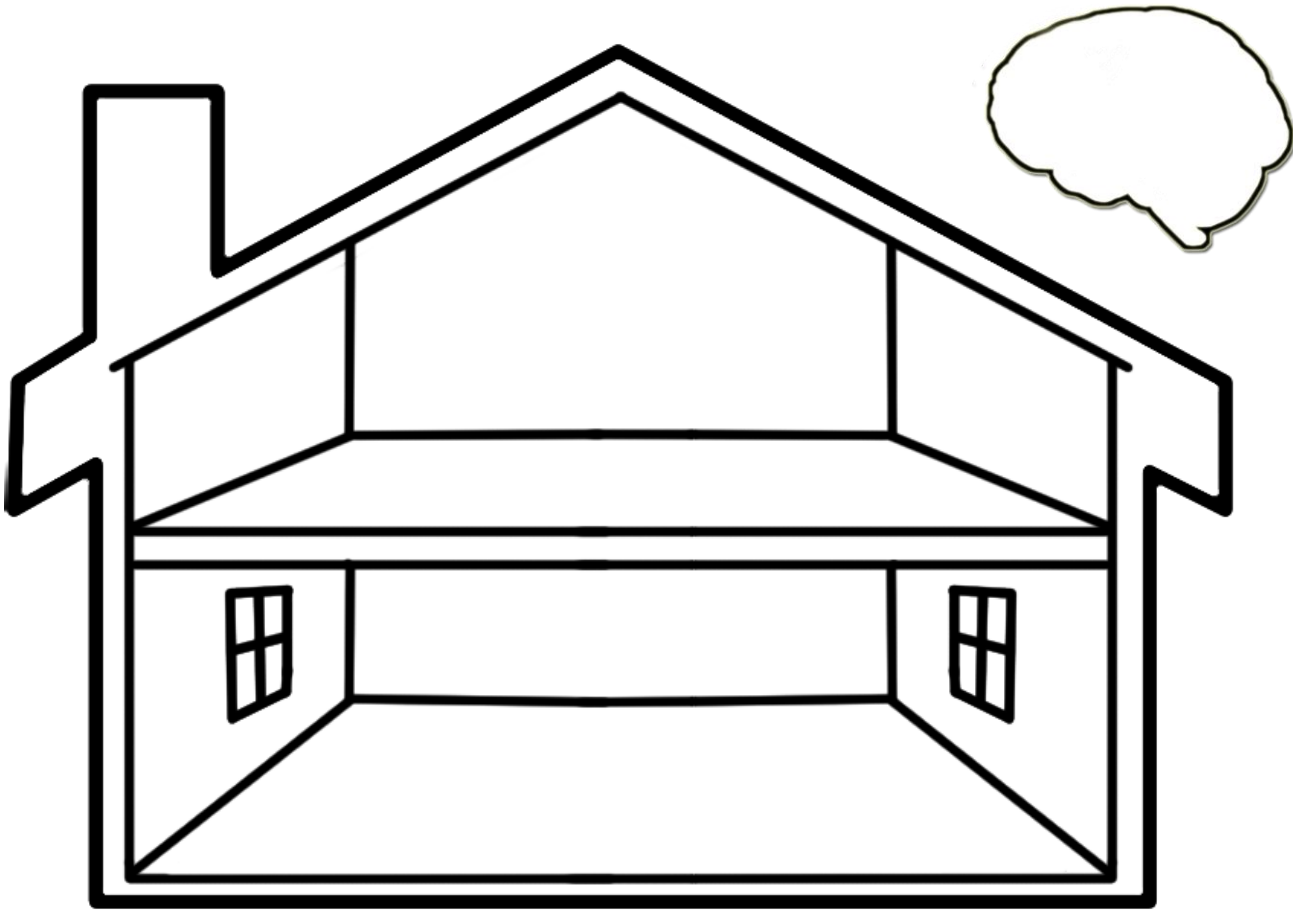
- ✓ What makes you happy
- ✓ Things you are proud of
- ✓ How you are feeling
- ✓ How you deal with stress
- ✓ Who you can turn to for support and help

Using the outline below design them some bespoke new boots





# tootootoot





## Did you know?

11-16 year olds are recommended to get between 8-10 hours sleep a night



Come up with a few reasons why this school boy might be so tired

### Unhealthy

Copy ideas here:

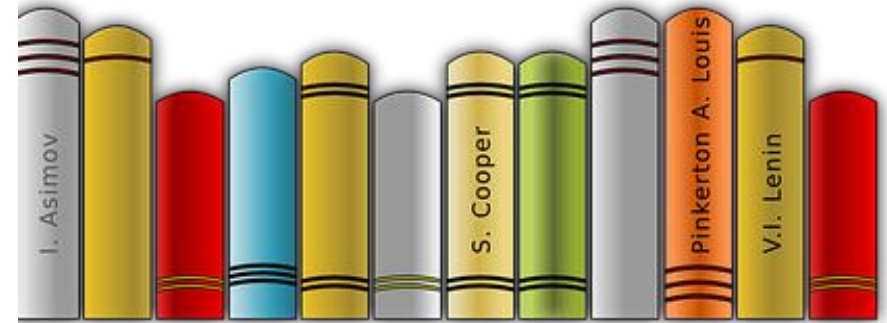
- Eating lots of dairy products
- Smoke cigarettes
- Drinking Red Bull and other energy drinks
- Vaping
- Eating a balanced diet
- Eating meals at regular intervals and avoiding snacking
- 5 portions of fruit and veg a day

### Healthy

Copy ideas here:

- 8 hours' sleep a day
- Regularly getting 60 minutes of exercise a day
- Going to the gym everyday
- Taking supplements
- Going for a walk
- Spending lots of time on social media and in front of screens
- Skipping meals like breakfast
- Staying in the same position when focused
- Using antiperspirant to help with maintaining Hygiene

**Switch off technology**/phones at least one hour before bed to avoid stimulation from the blue-light emitting from technology.



**Reading books**, a warm shower or bath, listening to relaxing music, have a warm beverage such as a herbal tea

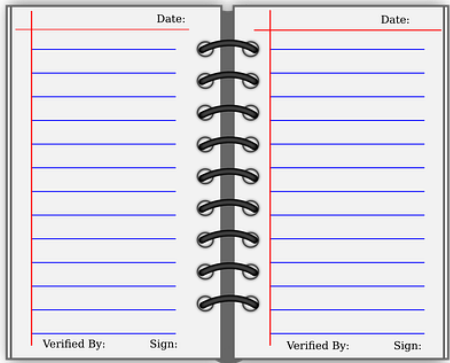
Setting up a **bedtime routine** to signal to your body that you are making your way to bedtime.



**Being consistent** with a sleep/wake routine. Getting sunlight within a few hours of waking helps to set your body clock, even if just for 15 minutes daily.



**Meditation.** Close your eyes for a few minutes each day and just focus on breathing. You don't need to do anything else but witness your thoughts and feelings.



**Write your feelings on paper.** Journal how the day went, self reflect and rereading them to see what kind of positive or negative state your mind is in will help ease stress and "get out of your head".

Yoga

Yoga YouTube Channels like *Cosmic Yoga for kids* and specific Yoga apps are available for free. By Practicing Yoga it helps to relax the body, decrease heart rate and blood pressure and rest the mind.



Stay away from sugar

Sugar before bed will give a boost of energy (spike your blood sugar levels) and you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, complex carbohydrates, and veggies.



Limit Screen time

30-60 minutes no screen time before bed – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep



Gratitude

Practice gratitude before bed by saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with joy and a love for life and the people around us who are supporting us. The happy hormone of Oxytocin is released and relaxes us, making us feel at peace before we sleep conditioning the brain for happy dreams.



**Breathing** in for a 3-4 count, holding whilst counting to 3-4 and exhaling counting to 3-4, repeating as many times as needed to help relax your body and mind. Focuses your mind on the breath which allows the mind to rest, process all the information from your brain. This technique puts you into your body, when your attention is in the body you can feel what it needs more.

# WRITE A BOOK REVIEW

Title:  
Author:  
Illustrator:



## reflection tasks

Fiction  
Non-fiction



Reviewers Name::

Write a quick text message explaining what the book was about

Fiction: Think about the plot

CRE8

Describe the setting of the story

Non-fiction: What do you learn from the book?

Who would this book be most suitable for?

- ✓
- ✓
- ✓

Four hashtags to summarise the book

#-----#

-----#

-----#

-----

Create a quick mind map of the **main characters** and how they link with each other

CRE8



Favourite part or favourite quote from the book

“-----”

-----

-----

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-----

Would you recommend this book?

CRE8

How many stars would you give this book?

★ ★ ★ ★ ★

### LEVEL 1

- Start at the top of the tree
- Pick a question and colour in the arrow.
- Answer the question in the triangle then pick the fruit and add to trolley
- Continue taking one path down the tree answering questions and picking as much fruit as you can.
- You must try to collect all 10 healthy fruits to reach the peace dove

Add Picked Fruit To Trolley

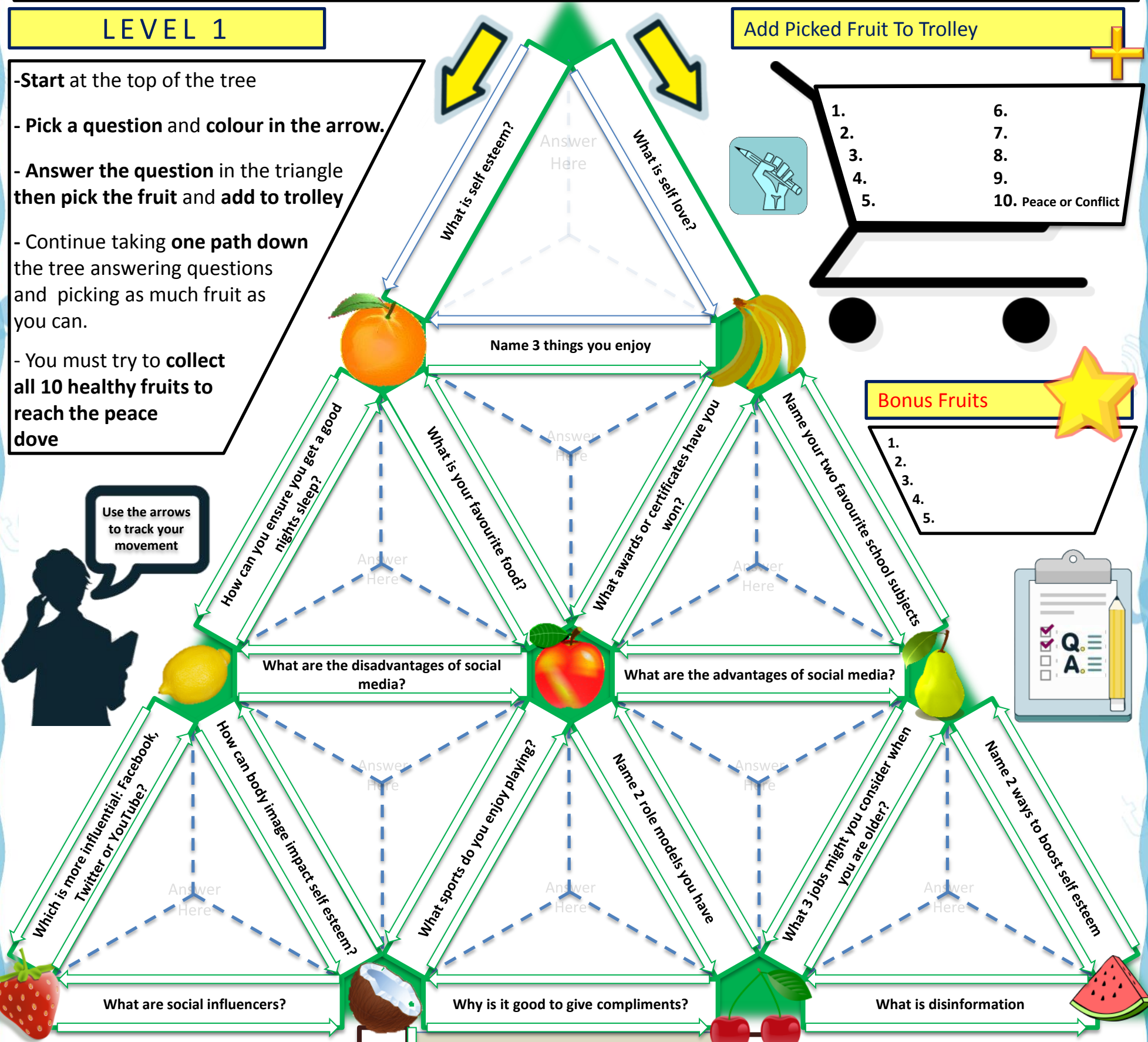


- |    |                       |
|----|-----------------------|
| 1. | 6.                    |
| 2. | 7.                    |
| 3. | 8.                    |
| 4. | 9.                    |
| 5. | 10. Peace or Conflict |

### Bonus Fruits

- |    |
|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

Use the arrows to track your movement



### LEVEL 2

Come up with **three bonus questions** of increasing difficulty that **link to this topic** and identify which three additional fruit can be won!

Answer another students bonus Questions to **win more fruit!**

Explain the importance of boosting your own self esteem

LEVEL UP

Explain the importance of boosting your own self esteem

### LEVEL 2

Q1.

Reward Fruit- \_\_\_\_\_

Q2

Reward Fruit- \_\_\_\_\_

Q3.

Reward Fruit - \_\_\_\_\_

## Activity: Complete the sentence starters



- Sleep is.....
- My sleep is .....
- ..... and ..... disturbs my sleep
- I sleep well when I .....



## Did you know?

11-16 year olds are recommended to get between 8-10 hours sleep a night



## How does sleep help the brain and help the body?

### Help the body






### Help the Brain






## GETTING A GOOD NIGHTS SLEEP

### Will not help

Copy ideas here:



### Will help

Copy ideas here:



Turning the phone off

Eating a balanced diet

5 fruit and vegetables a day

Curtains open letting light in

Smoke cigarettes

Worrying about things before bed

Meditation and mindfulness exercises

Regularly getting 60 minutes of exercise a day

Spray a nice scent

Tidying your room

Drinking Red Bull and other energy drinks

Being in lots of WhatsApp Groups

Reading a book before bed and not playing on phone

Spending lots of time on social media and in front of screens

Having electronic standby lights on

# How does sleep help you?

Sleep is.....




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Explain how you will ensure you get enough good quality sleep...




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## How does sleep help you?

Improves your long term memory

Can help lift your mood

Helps to repair muscles

Improves your immune system


Helps the body to repair cells and organs

Helps to regulate hormones during puberty


Helps you to concentrate the next day

Decision making and your ability to think improves


**Helps the Brain**

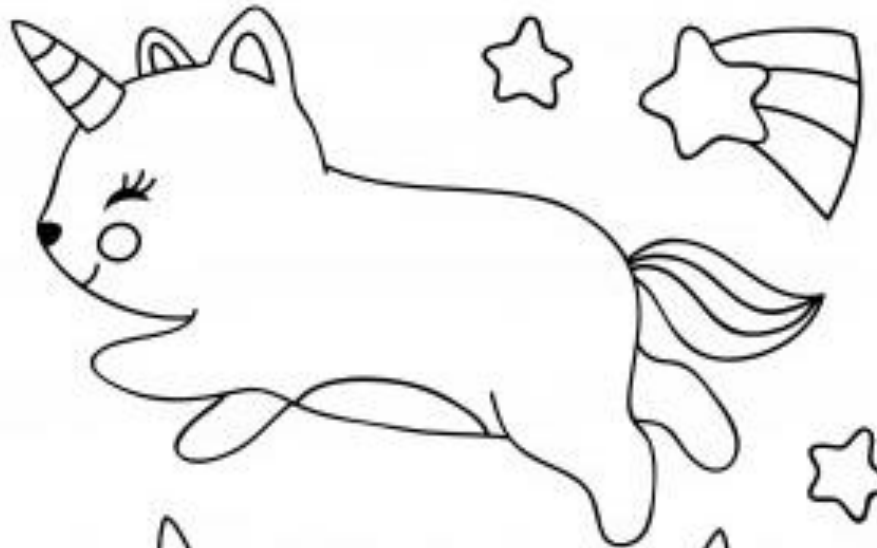
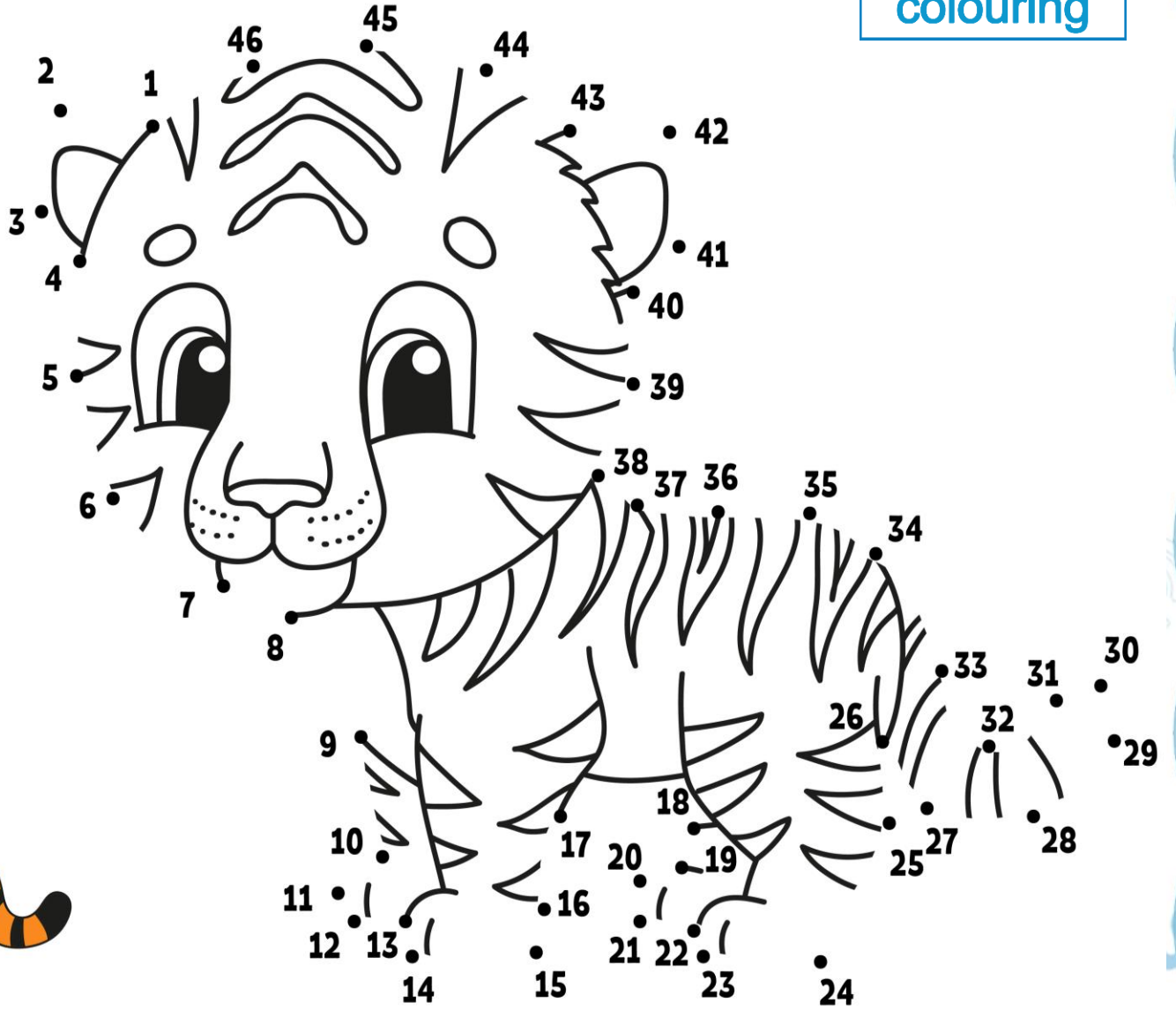


**Helps the body**



Task

Sort the eight statements into the correct categories 





People vary in terms of how much sleep they need - while the average sleep duration for adults is 6-8 hours per night, **children and many others require 8-10 hours** and some people function well with a little less sleep and others with a little more.

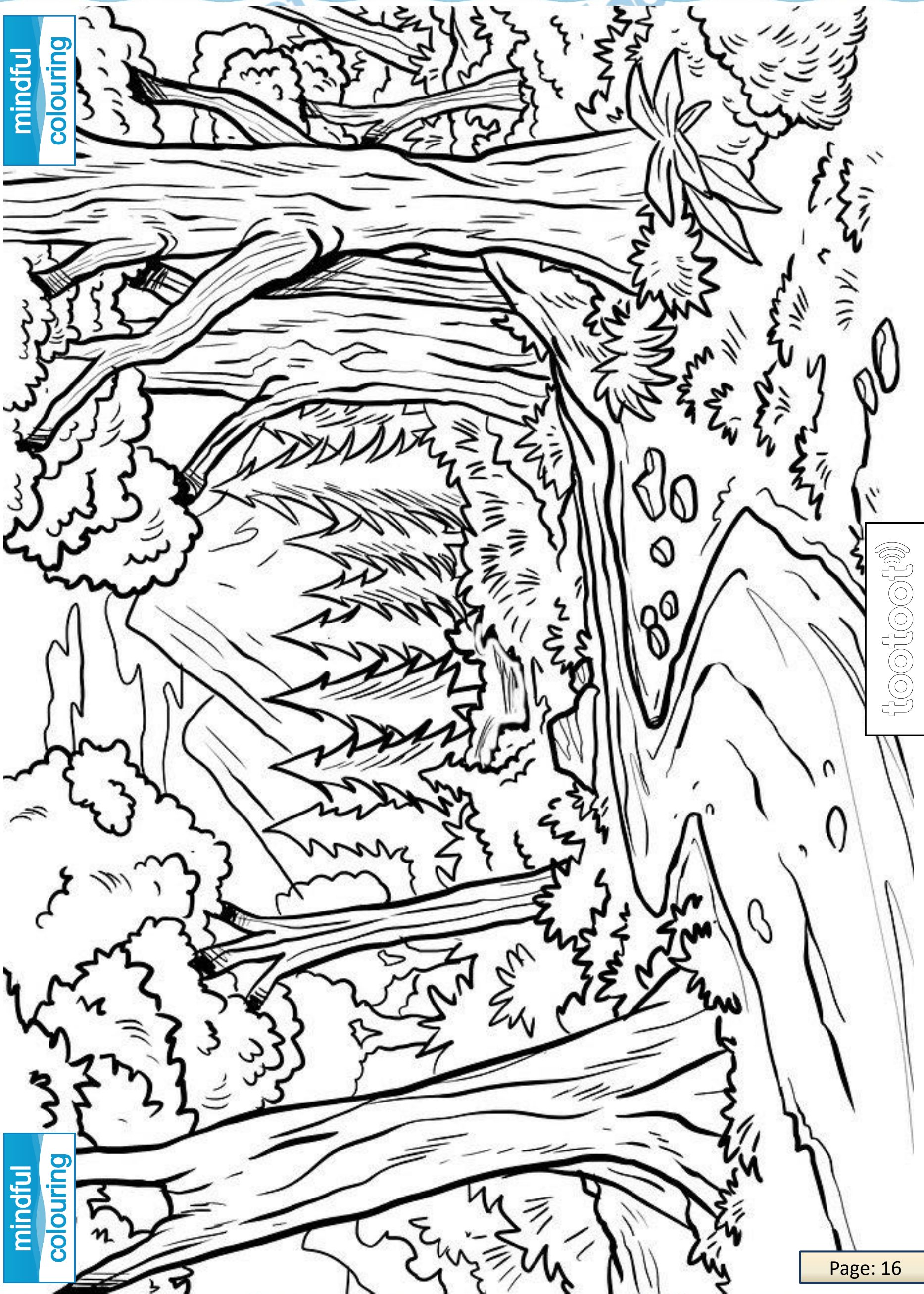
Whatever your individual needs, lack of sleep or poor sleep quality can have negative effects, including:

- Poor attention, concentration
- Poor memory recall
- Tiredness can make us feel more anxious
- Irritability and other mood disturbances
- Impaired judgment and reaction time
- Poor physical co-ordination
- Unable to concentrate on tasks at school



The seriousness of these effects depends on how bad the sleep deprivation is (e.g. less sleep vs. no sleep; one night's poor sleep vs. chronic problems) and the tasks and responsibilities of the day. If you have ongoing problems with sleep, it is important to seek help.





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# Recognising the positives

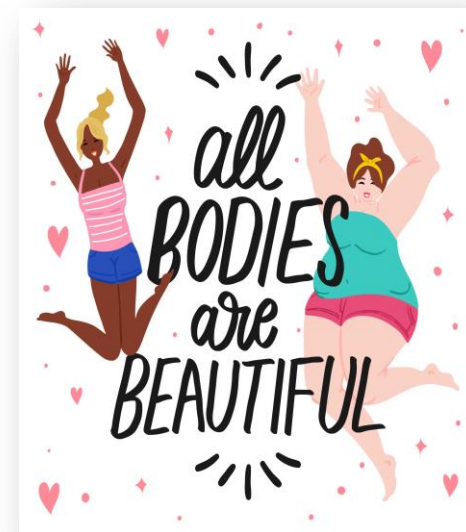
Find someone else in your house to do this exercise with.

Think of one nice thing to say about:

- 1) Your favourite actor/singer/sportsperson
- 2) Your experience at \_\_\_\_\_ school so far
- 3) A friend
- 4) The NHS
- 5) Yourself



Create your own positive saying and decorate it below



## Did you know?

Stress occurs when a person has to respond to demands made upon him or her, be that physical or mental. Most people suffer from stress at some time in their lives, and a small amount of stress can be good for us, making our bodies respond more vigorously to meet the challenges of life. It is the grind of continual stress that is harmful to us.

## Did you know?

When it comes to things like stress or anxiety, it is always helpful to talk things through with your family and friends if you can, but if you are worried about your mental health you should visit your GP.

Think about your day today – have you positively influenced someone? Or have you negatively influenced someone? Try and spend the rest of the day positively influencing people. How will you do it?



Pick one of the following well known sayings and create a post card to represent it

If at first you don't  
succeed try, try, try  
again

It costs nothing to  
say please and thank  
you

Turn that frown  
upside down

Regret the things you  
don't do, not the  
things you do

Treat others with  
the same respect  
you would treat  
yourself

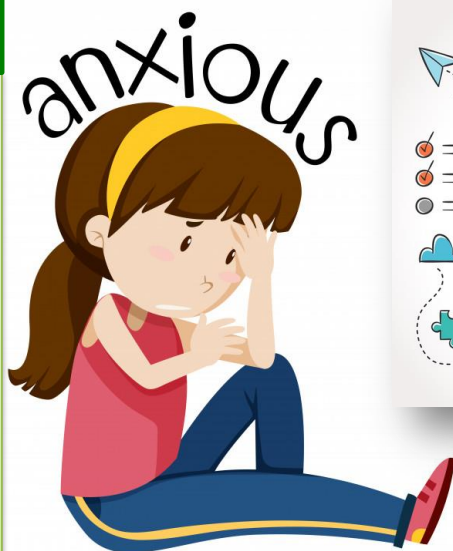


## Managing Anxiety during the pandemic

We can all experience poor mental health from time to time, but that doesn't always mean we have a mental illness. There are things we can all do to take care of our mental health and keep us functioning in the best way possible. This is especially important during difficult times when we are facing new challenges. Sometimes we may feel new feelings that we're not used to. You might be feeling more worried than usual, and not know how to describe it. Some people might experience anxiety during difficult times, which is a more severe form of worry and can often stop us from feeling good about anything. Anxiety is a symptom of poor mental health and can be caused by stress, worry, lack of sleep and uncertainty.

### Did you know?

*Anxiety disorder is a mental illness that causes anxiety and fear a lot of the time. We can all feel anxious in uncertain times, but it doesn't mean we have an anxiety disorder. It's normal to feel worried about the future, especially if there are sudden changes to our routine.*



### Routine

We are all used to a routine, be that going to work or school or getting up at particular times. Create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break and be more flexible in putting in activities like watching the tv and doing household activities.

### Did you know?

*If at any time you don't feel great, or you're worried about what's going on, or you just need to talk to someone, it's important you don't keep it inside. Talk to your family, if you have any concerns about how you or someone else is feeling. There are also lots of places you can get support online:*

- ✓ [www.youngminds.org.uk](http://www.youngminds.org.uk)
- ✓ [www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111
- ✓ [www.mind.org.uk](http://www.mind.org.uk)

*Sometimes all it takes is for somebody else to listen.*



*This is not an exhaustive list but just some suggestions that may be helpful! Please keep up to date with government guidance and take care of yourselves.*

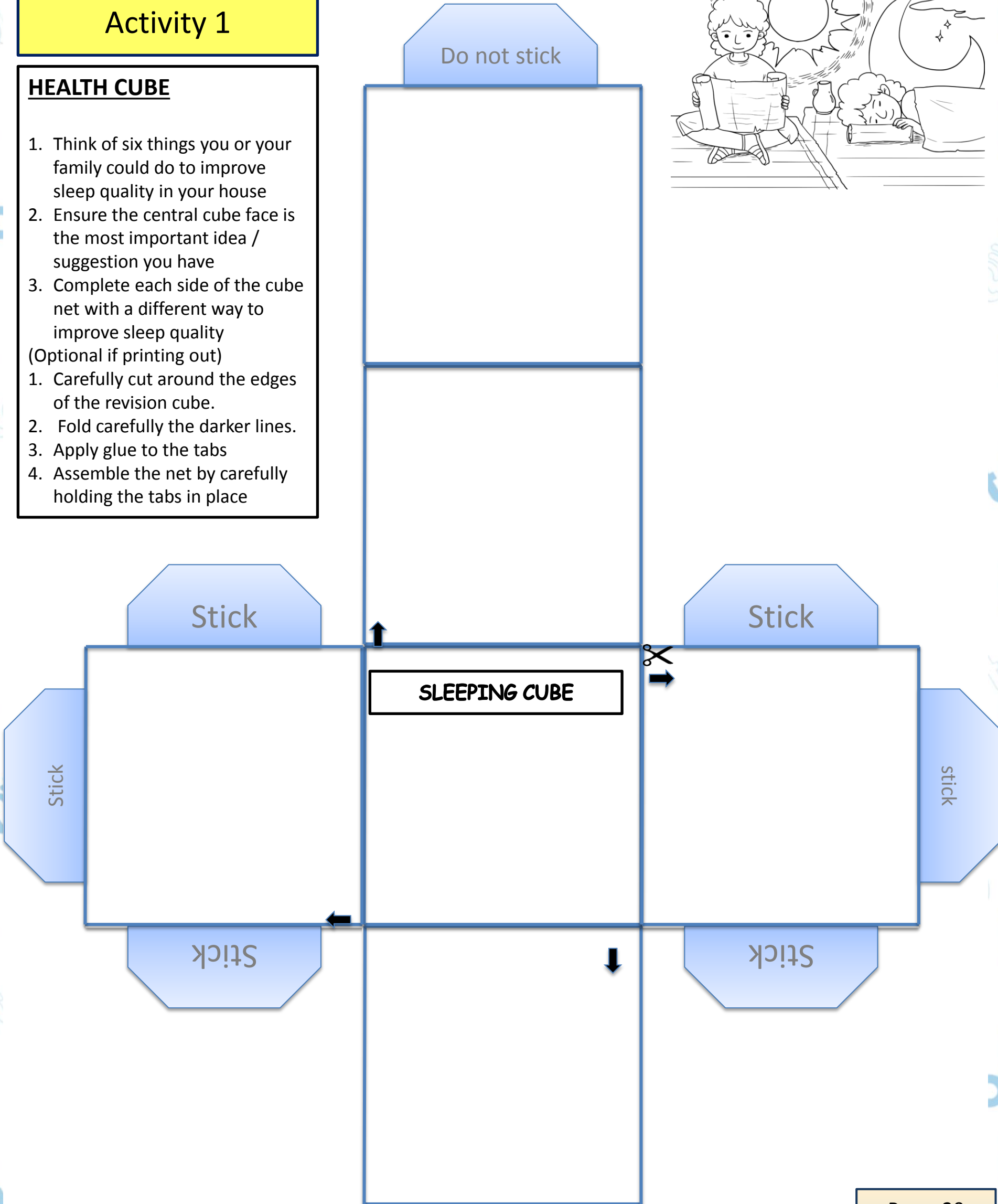
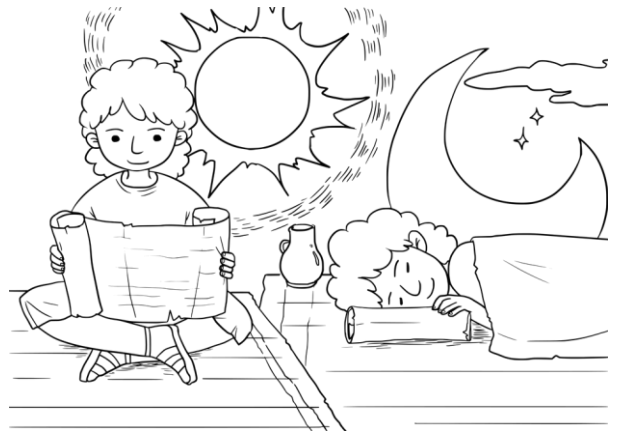
## Activity 1

**HEALTH CUBE**

1. Think of six things you or your family could do to improve sleep quality in your house
2. Ensure the central cube face is the most important idea / suggestion you have
3. Complete each side of the cube net with a different way to improve sleep quality

(Optional if printing out)

1. Carefully cut around the edges of the revision cube.
2. Fold carefully the darker lines.
3. Apply glue to the tabs
4. Assemble the net by carefully holding the tabs in place



# progress passport




## TARGET SETTING 2020 -2021

<b>Target 1</b> Target I would like to set myself, linked to my school life	E.G I will try to focus more during my literacy and numeracy lessons
<b>Target 2</b> Target I would like to set myself, linked to my home life	E.G I will try to do more chores around the house or keep my bedroom tidy
<b>Target 3</b> Target I would like to set myself, linked to my personal wellbeing	E.G I will take time to enjoy watching either the sunrise or sun set once a week

Who can help you to achieve these targets?



### How are you feeling?


What are you most excited about this year? 	1
	2
	3
Best friends name(s)	
What are you most nervous about?	1
	2
	3

Attach or draw a photo of yourself

SURNAME:  
 FORENAME:  
 PREFERRED NAME:  
 DATE OF BIRTH:  
 NATIONALITY:  
 AGE:  
 FAVOURITE SPORT  
 FAVOURITE FOOD:

Attach or draw school logo

### ACADEMIC PROFILE

Favourite Subjects	1
	2
	3
Strongest subject	
Subjects you would like to improve 	1
	2
	3

<p><b>Day 1</b></p> <p>Smile and say good morning to everyone in your household. <input type="checkbox"/></p>	<p><b>Day 2</b></p> <p>Take 5 minutes to write down your feelings today. <input type="checkbox"/></p>	<p><b>Day 3</b></p> <p>Do 20 Jumping Jacks and 50 knee-ups. <input type="checkbox"/></p>
<p><b>Day 4</b></p> <p>Visit an art gallery! Go online and explore the collections online. <input type="checkbox"/></p>	<p><b>Day 5</b></p> <p>Reply to a pen pal or to someone you have not spoken to in a long time. <input type="checkbox"/></p>	<p><b>Day 6</b></p> <p>Design a pair of trainers or shoes. <input type="checkbox"/></p>
<p><b>Day 7</b></p> <p>Read 20 pages from the book you are reading or start a book <input type="checkbox"/></p>	<p><b>Day 8</b></p> <p>Come up with a 10 question multiple choice quiz <input type="checkbox"/></p>	<p><b>Day 9</b></p> <p>Listen to your favourite song and dance around the room. <input type="checkbox"/></p>
<p><b>Day 10</b></p> <p>Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow. <input type="checkbox"/></p>	<p><b>Day 11</b></p> <p>Sit down and focus on your breath for 5 minutes. <input type="checkbox"/></p>	<p><b>Day 12</b></p> <p>Play a card game or board game you haven't played in a while. <input type="checkbox"/></p>
<p><b>Day 13</b></p> <p>Write a letter of appreciation to someone who helps. <input type="checkbox"/></p>	<p><b>Day 14</b></p> <p>Draw and paint the most colourful thing in your house. <input type="checkbox"/></p>	<p><b>Day 15</b></p> <p>Write a poem or short story. <input type="checkbox"/></p>
<p><b>Day 16</b></p> <p>Ask your parent/caregiver about happy things in their life <input type="checkbox"/></p>	<p><b>Day 17</b></p> <p>Research places you would like to travel to in your life time. <input type="checkbox"/></p>	<p><b>Day 18</b></p> <p>Close your eyes and visualise your future life. <input type="checkbox"/></p>
<p><b>Day 19</b></p> <p>Draw your favourite animal using geometric shapes. <input type="checkbox"/></p>	<p><b>Day 20</b></p> <p>Use 10 French or Spanish words today. <input type="checkbox"/></p>	<p><b>Day 21</b></p> <p>Make sure you get &gt;8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>
<p><b>Day 22</b></p> <p>Draw but listen to your favourite music. See what flows naturally <input type="checkbox"/></p>	<p><b>Day 23</b></p> <p>Do something nice for a sibling or parent/carer. <input type="checkbox"/></p>	<p><b>Day 24</b></p> <p>Stretch and move your body any way that feels good for 10 minutes <input type="checkbox"/></p>
<p><b>Day 25</b></p> <p>Clean a room in the house that is not your bedroom. <input type="checkbox"/></p>	<p><b>Day 26</b></p> <p>Design a pair of trainers or shoes. <input type="checkbox"/></p>	<p><b>Day 27</b></p> <p>Tidy your room, maybe re-organise the layout. <input type="checkbox"/></p>
<p><b>Day 28</b></p> <p>Ensure you have &gt;5 fruit and veg today – Write them all down <input type="checkbox"/></p>	<p><b>Day 29</b></p> <p>Do something helpful for a friend or family member today. <input type="checkbox"/></p>	<p><b>Day 30</b></p> <p>Write down 10 things you love about your life <input type="checkbox"/></p>



- Worried or Anxious?
  - Stressed?
  - Trouble sleeping?
  - Angry?
- Why not try some of these apps that are free to use!

Forest

Breathing Bubbles



Youper



Dare

MoodSpace



Sleepo



CALMHARM



SUPERBETTER



STOP, BREATHE & THINK



Recflectly

Where to go for advice and support online...



Kooth offers anonymous counselling support online

Build Sound Minds by Action for Children, offers support for looking after yourself and resources for managing worries



FFLAG offers advice, support, resources and personal experiences around being LGBT+



The Mix offers free confidential support to young people via online, social and



The Proud Trust offers advice and support around being LGBT+



YoungMinds offers online advice and support for young people.



Mind offers online advice and support for young people.