

Free
Journal for Kids!

AT HOME WITH WEAVING WELL-BEING



A WELL-BEING JOURNAL FOR KIDS

Compiled by Fiona Forman

Based on the *Weaving Well-Being Programme* by Fiona Forman & Mick Rock

Name:



WELCOME TO: AT HOME WITH WEAVING WELL-BEING!

Hopefully you will enjoy all of the activities in this Well-Being Journal. If you have used *Weaving Well-Being* in your school, you may have seen some of these activities before, but there are lots of new ones here for you to try! Either way, have fun using your creativity to complete this journal at home to help yourself to feel positive, strong and happy! Do them in any order that you like!

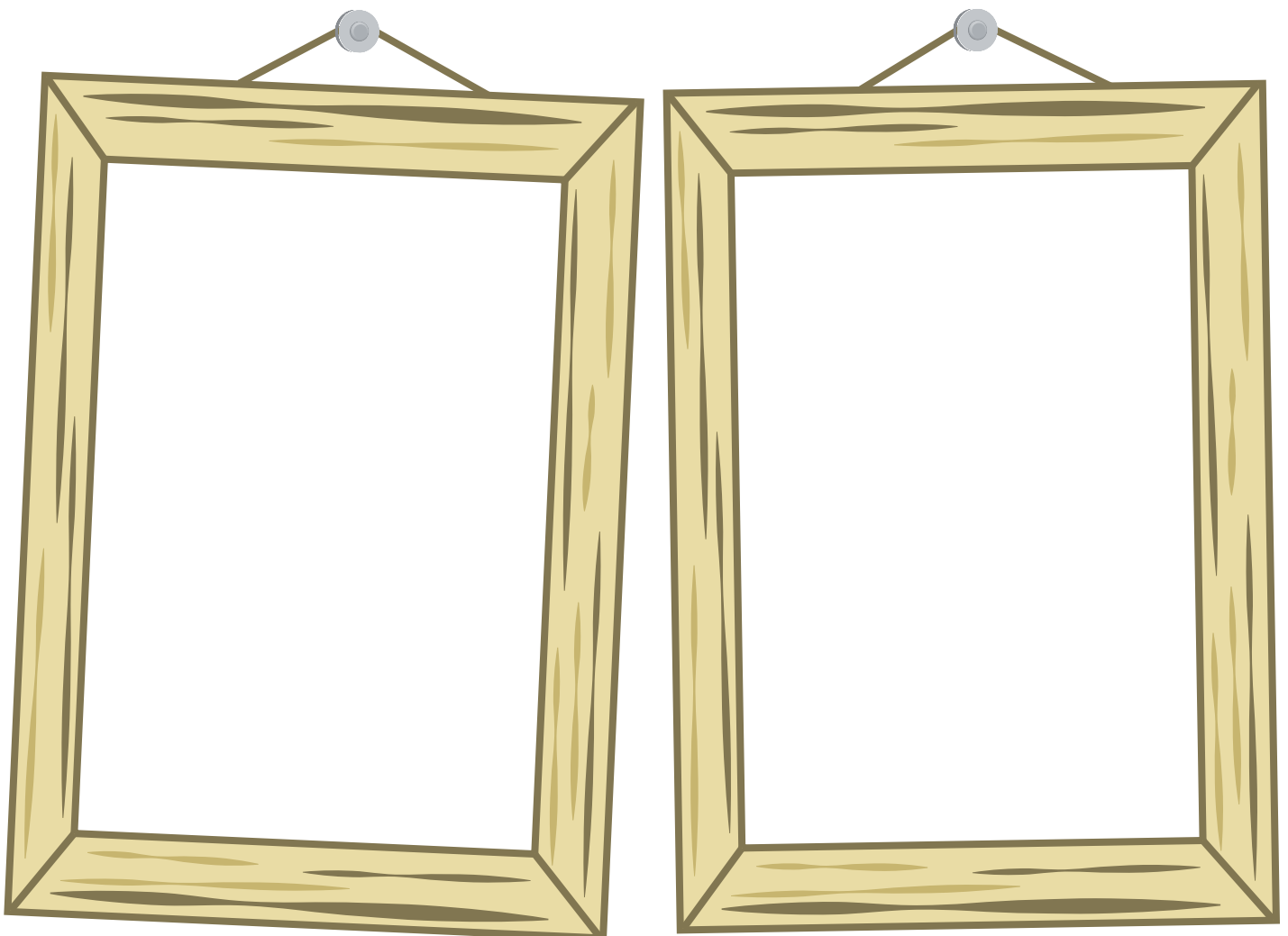


LET'S REMIND OURSELVES WHAT WELL-BEING MEANS AND FEELS LIKE:

Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

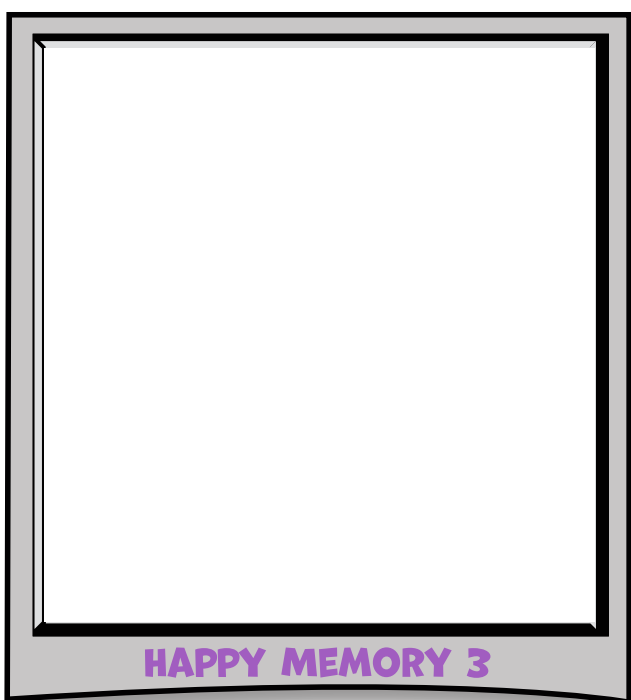
MY WELL-BEING ACTIVITIES

Think of all the things you enjoy doing and which help you to feel happy. Then draw two pictures of these in the frames below:



HAPPY MEMORY SNAPSHOTS!

We can help ourselves to feel good by remembering many of the happy times in our lives! Think about four of your happiest times and draw a picture of them here. Write a sentence about each one too if you can. They are sure to make you smile and don't forget to talk about them with your family too!



FEELING POSITIVE EMOTIONS!

Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Then decorate the frame around it!

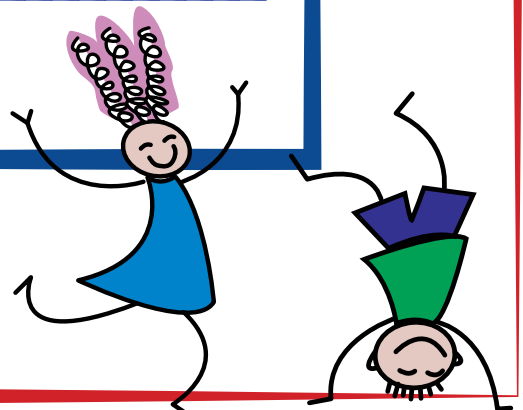
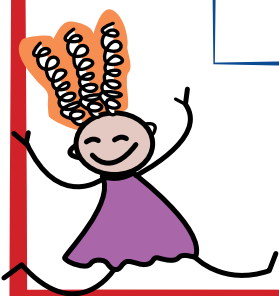
I feel calm when...

I feel proud when...

I feel grateful when...

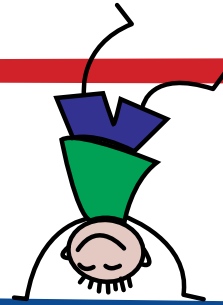
I feel amazed when...

I feel interested when...



FEELING POSITIVE EMOTIONS! - CONTINUED

Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Then decorate the frame around it!

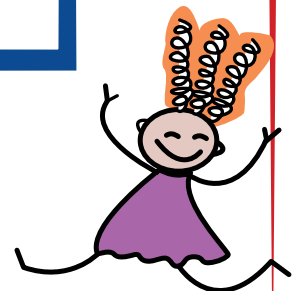
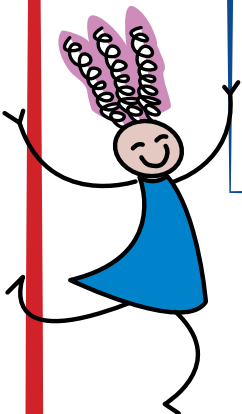


I feel inspired when...

I feel loved when...

I feel joy when...

I feel like laughing when ...



MY WELL-BEING ACROSTIC

Think about what well-being means to you - read over page 1 to give you some ideas! Now write your own acrostic poem on well-being.



My Well-Being Acrostic Poem by _____

W _____

E _____

L _____

L _____

B _____

E _____

I _____

N _____

G _____

RAINBOW MOMENTS

If you did the *Weaving Well-Being* programme, you might remember that Rainbow Moments are all of those little moments during the day when good things happen. Maybe you played a fun game, watched a funny movie, created something interesting, had a nice lunch or dinner, noticed something beautiful in nature - there are lots of good things all around us, even at difficult times in our lives. We need to train our minds to notice the good things - our minds are already too good at noticing the bad stuff!

Write down three Rainbow Moments for the last 24 hours in the rainbow below. Try to do this every day for a least a week so that you get into the habit of noticing the good things! You can write these activities, for the next five days on the following page.

Every day may not be good,
but there is something good
in every day.

-Alice Morse Earle



MY RAINBOW MOMENTS

DAY 1	1.
	2.
	3.
DAY 2	1.
	2.
	3.
DAY 3	1.
	2.
	3.
DAY 4	1.
	2.
	3.
DAY 5	1.
	2.
	3.

KIND MIND!

Did you know that we are sometimes very mean to ourselves? We often say things to ourselves that we would never say to anyone else, especially if we haven't done well at something or if we are worried about something. Maybe you've said things like 'I'm so stupid' or 'Why am I not as good as -----'. This is very bad for our well-being as it can make us feel bad about ourselves? We need to say kinder things to ourselves instead! Here are some kind things that we can say to ourselves:

I don't have to be perfect.

My best is good enough.

I don't have to be, or feel, amazing all of the time.

I don't need to compare myself to anyone else.

I don't need to have everything figured out right now.

Aim for progress, not perfection.

I'm stronger than I feel right now.

I don't need to beat myself up over this!

Pause, breathe, keep going!

Nobody has it all figured out!

I can cope with my strong feelings.

What can I do right now to help myself to feel better?

Why not try the Weaving Well-Being Rap: www.otb.ie/wwb-rap

KIND MIND!

Now draw a 'Kind Mind' selfie on the mobile phone below and write some of the phrases from page 8 all around it, or make up some of your own!



