

My Wellbeing Toolkit: A Diary Entry with Nova

Learning objective: To identify strategies for self-care and understand that mental health, like physical health, is something we can look after.

Nova the owl believes that just as we look after our feathers and wings, we must look after our minds. Use this diary entry template to reflect on your day, identify your emotions, and choose a positive activity that helps you feel calm and resilient. Think about the people and activities that bring you comfort.

Word bank: resilient · mindfulness · wellbeing · emotions · support · calm · balanced · kindness · gratitude · reflection

1. Reflect on your mood today: Use this space to describe how you have been feeling today. Are you feeling energetic, calm, worried, or perhaps a mix of emotions? Remember, it is okay to feel all of these things. (2 marks)

2. Identifying triggers and comforts: What is one thing that happened today that made you feel happy or proud? What is one thing that felt a bit tricky or challenging? (2 marks)

3. My 'Calm-Down' Strategy: If you feel overwhelmed, what is one activity you can do to help yourself feel better? (e.g., reading, drawing, taking deep breaths, or talking to a trusted adult). (2 marks)

4. Building a Support Network: Write down the names of two people you trust that you could talk to if you ever felt sad or worried about something. (1 mark)

5. Acts of Kindness: Mental health is also about how we treat others. What is one kind thing you did for someone else today, or one kind thing you could do tomorrow? (2 marks)

Extension challenge: Create a 'Wellbeing Jar' at home. Every evening, write down one thing you are grateful for on a small piece of paper and put it in a jar. Read them back at the end of the week to see how much positive energy you have gathered.