My Wellbeing Journal: A Special Space for Me

Learning objective: To identify and express personal feelings and understand how to look after our mental health.

Hello! I am Leo the Lion. Today, we are thinking about our feelings. Use this journal to share how you feel and what makes you happy. You can use the word bank to help you write your sentences. Remember, it is good to talk about our feelings!

Word bank: happy · calm · proud · worried · excited · kind · friends · breathe · support · listen

1. How am I feeling today? (Sentence starter: Today, I am feeling...)

2. What is one thing that makes me feel happy? (Sentence starter: I feel happy when I...)

3. What can I do if I feel worried? (Sentence starter: If I am worried, I can...)

4. Who is a person I can talk to when I need help? (Sentence starter: I can talk to...)

Extension challenge: Draw a picture of your 'happy place' in the box below. This could be a place you like to visit or a place where you feel safe and relaxed.