

My Wellbeing Journal with Max the Monkey

Learning objective: To identify ways to look after my mental health and recognize what makes me feel happy and calm.

Max the Monkey loves to solve puzzles. He knows that looking after our minds is the most important puzzle of all! Use this writing frame to think about your feelings. Use the word bank to help you write your sentences.

My name is and I am learning how to look after my wellbeing today.

Word bank: happy · calm · kind · because · when · also · friends · breathe · exercise · rest

1. What is one thing that makes you feel happy? Start your sentence with: One thing that makes me feel happy is... (2 marks)

2. How can you be kind to yourself when you feel sad? Start your sentence with: When I feel sad, I can... (2 marks)

3. Who is someone you can talk to if you have a worry? Start your sentence with: I can talk to... (2 marks)

4. What helps your body and mind feel calm? Start your sentence with: To feel calm, I like to... (2 marks)

Extension challenge: Draw a picture in the box below of your 'Happy Place' where you feel safe and relaxed.