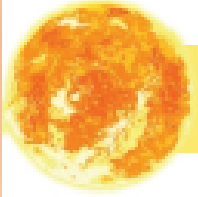
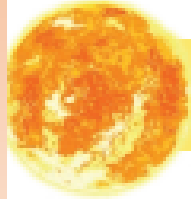


Well-being journal morning questions



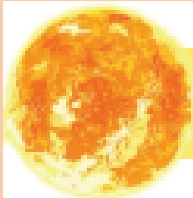
What am I looking forward to today?



What am I grateful for today?



What emotions am I feeling that are helping me today?

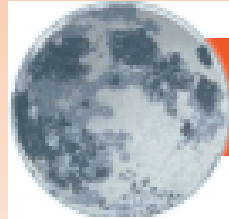


What positive affirmation am I going to say today?

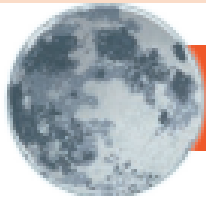
Well-being journal afternoon questions



What was the highlight of my day?



What was my proudest moment today?



What was my biggest achievement today?



What positive effect did I have on other people today?

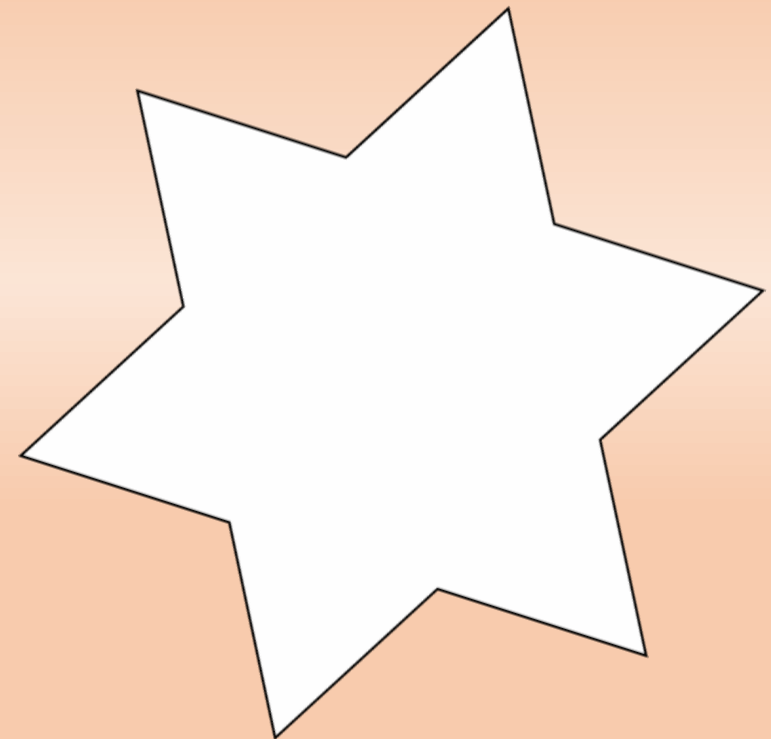
I Am an Amazing Person!

Read and complete the sentences below.
You can draw or write the answers.



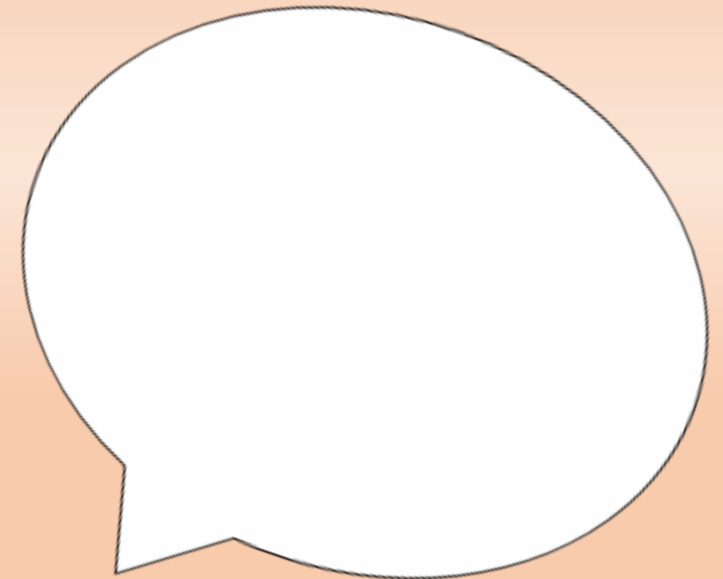
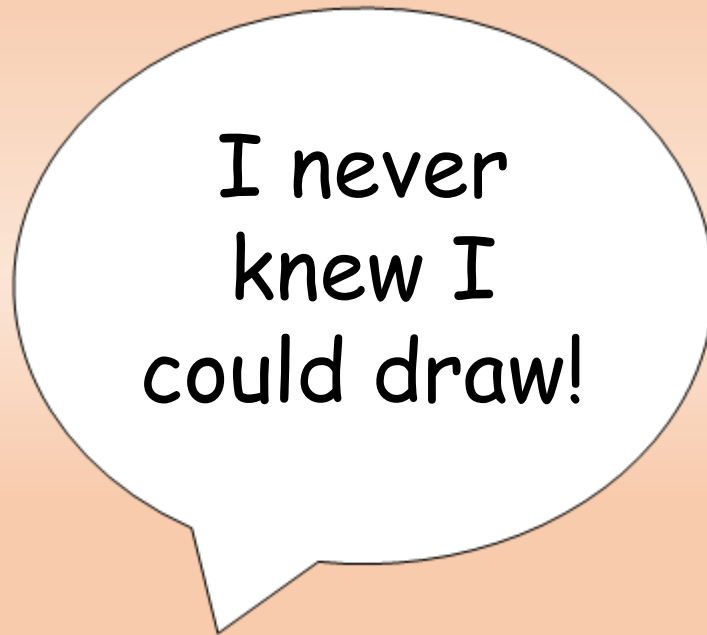
What skills have I learnt during lockdown?

Draw around a star template and write inside one skill that you have learnt during lockdown. Decorate your star!



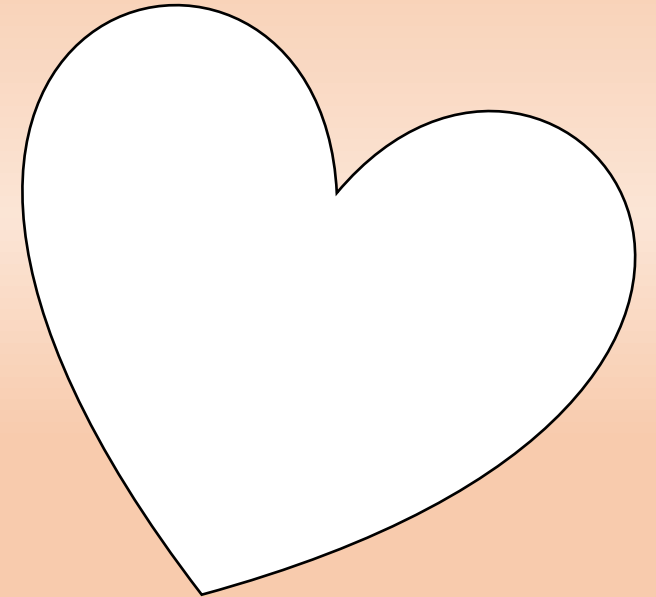
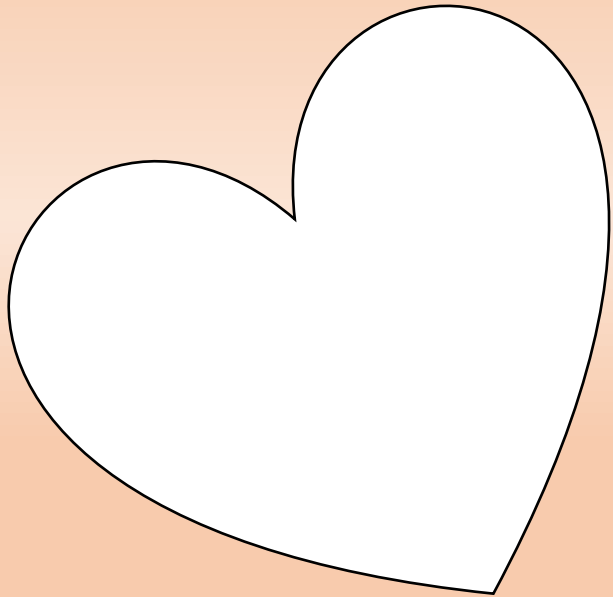
What new talents have I discovered during lockdown?

Draw around a speech bubble template and write inside one talent that you have discovered you have. Decorate your speech bubble!



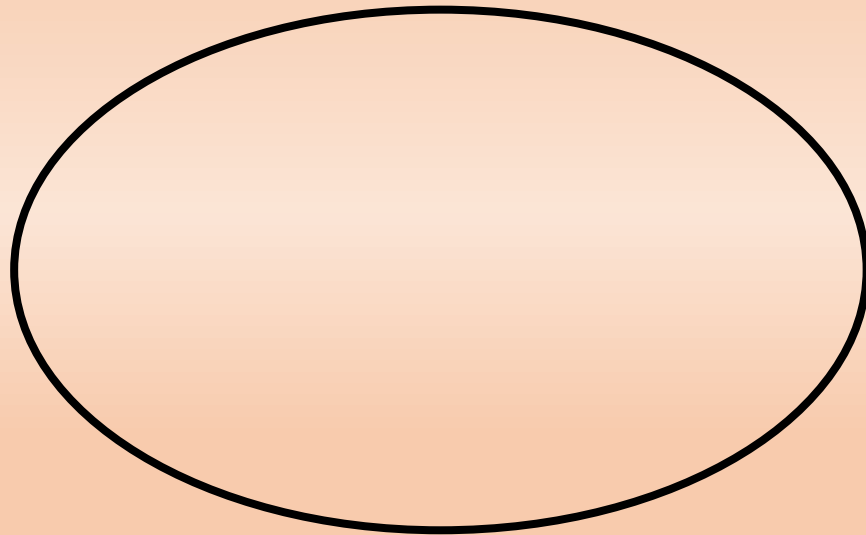
What special qualities have I discovered I have?

Draw around a heart template and write inside a special quality that you have discovered you have. Decorate your heart!



Blob creation

Draw a 'blob' in the centre of your page. Use this blob as the start of a picture. Let your imagination take over...



Hug in a Box

Make a hug in a box to give to a friend or family member.

Combine mindful colouring, cutting and sticking to make a lovely box to give to a loved one.

