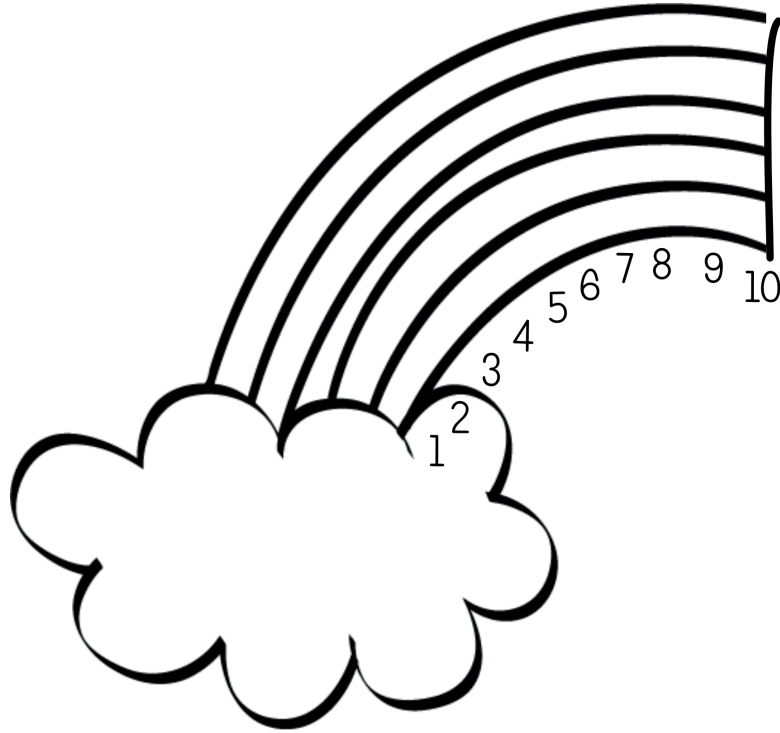


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BACK TO SCHOOL JOURNAL



This journal is your space to write and draw about the things that you do and how you feel.



Ideas and exercises used with permission of Merseyside Youth Association

HOW ARE YOU FEELING TODAY?

Colour the picture and word that best describe how you feel today.



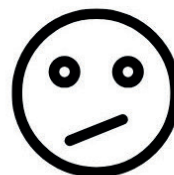
happy



sad



excited

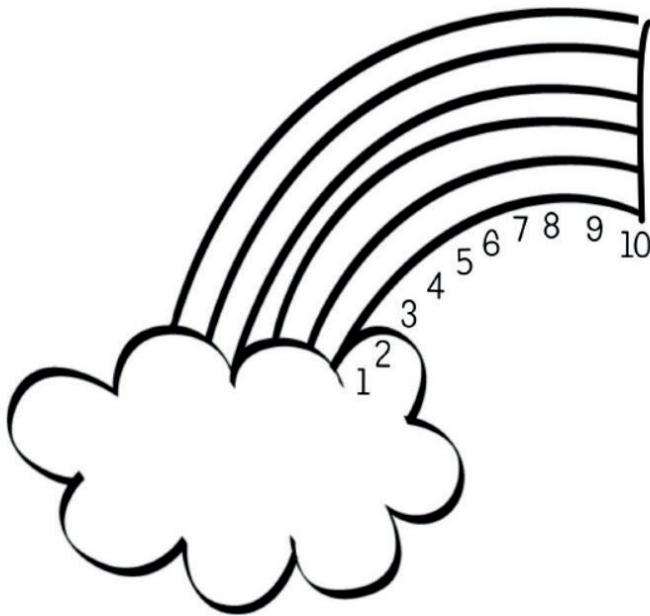


confused

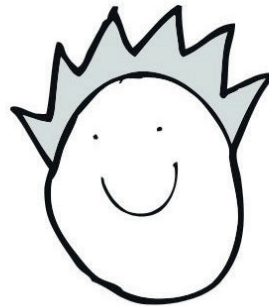


angry

Do you know why you might feel like this today?



How do you feel on a
scale of 1-10?



We can have different emotions at different times. Sometimes we feel happy. Sometimes we feel sad.

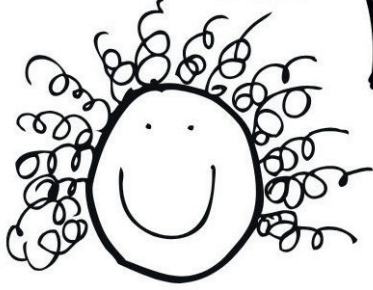
This is what
makes me
happy:



This is what
makes me sad:



Things have been different recently
and we may have felt lots of
different feelings during this time.



Draw a picture or write a story
about being at home or going to
a hub. It might be about you or
you might want to make up a
character. How does you
character feel?

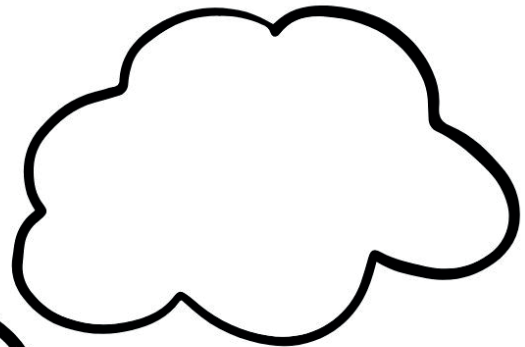
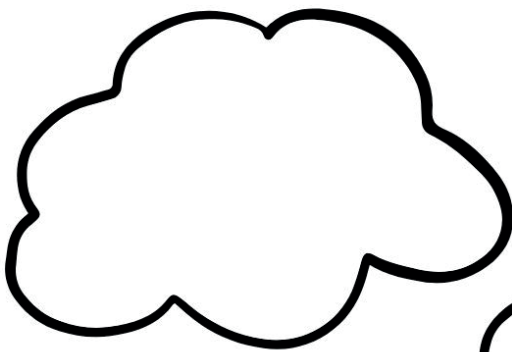
IF I GET WORRIED...

Worrying is thinking too much about something bad that we think might happen.



It's OK to worry. We all can have worries, especially when a situation is new and feels a bit scary.

Do you have any worries? Write or draw them on the clouds.

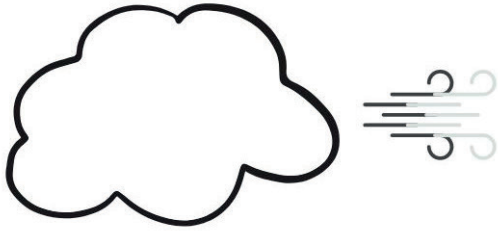


Sometimes our worries are things we can do something about.



I'm worried about forgetting my PE kit so I'll make sure I pack it before bedtime and leave it near the door.

If you have a worry and you think you can do something about it, you can make a plan to fix it.



Sometimes we can't do anything about our worries.

We have to let our worries go. We can imagine the worry cloud floating away on the breeze.

To help us forget about our worries, we can do things that help us to relax or make us happy.

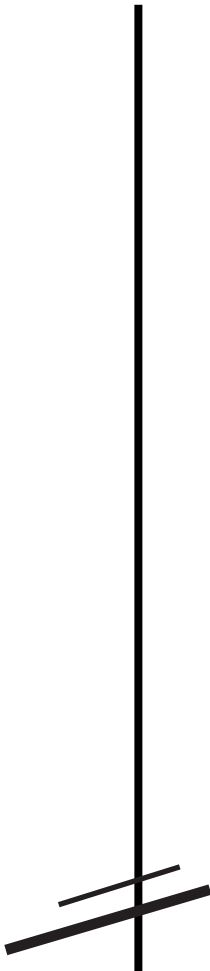
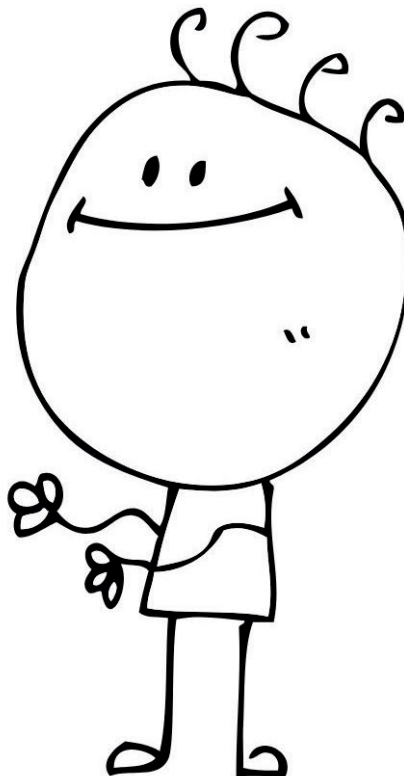
What helps you to relax?



Sometimes we can feel worry inside our bodies. This is normal.

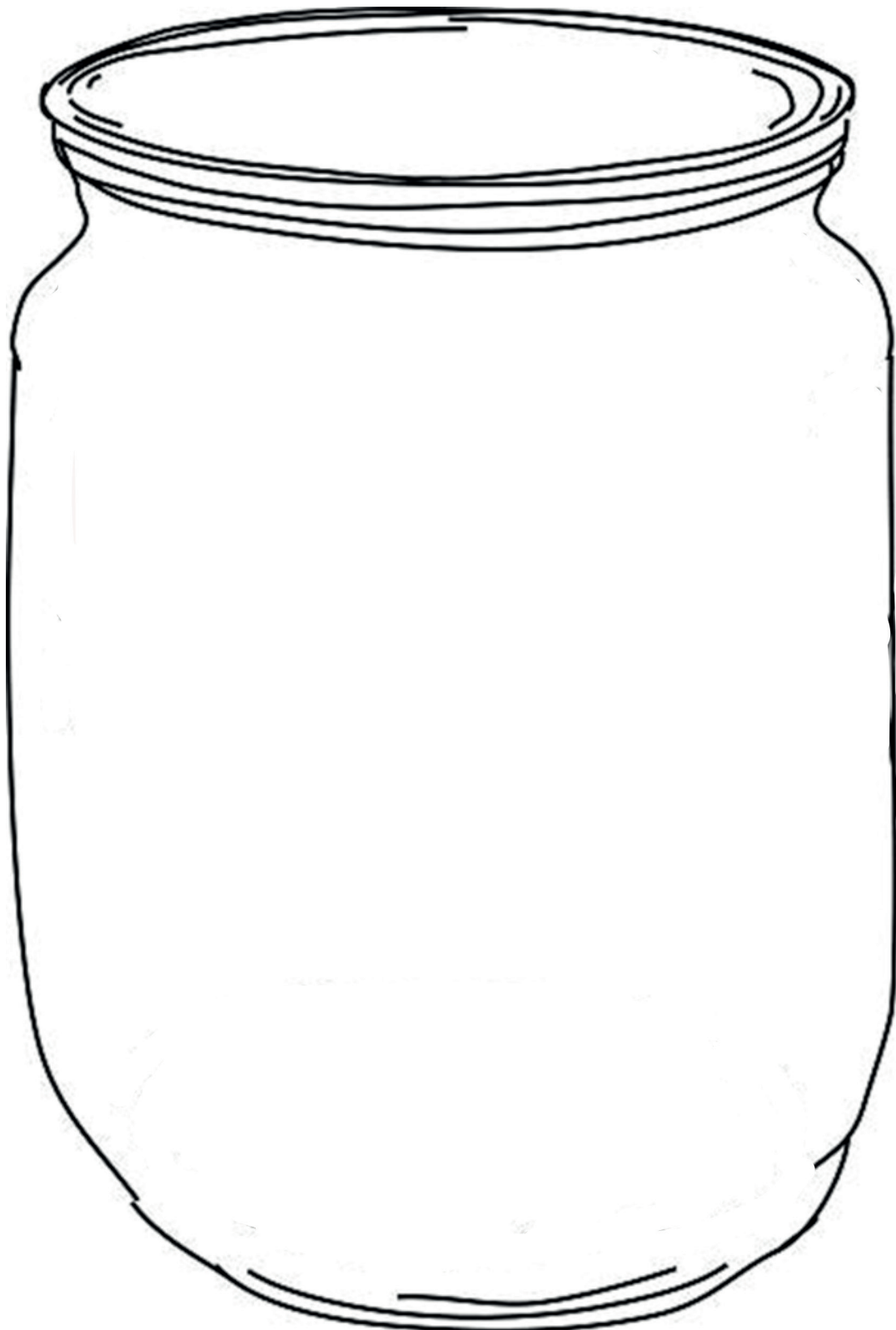
It's useful for us to know how worry can make us feel.

Label or draw to show how worry might change your body.



MY THOUGHT JAR

Draw or write in the jar to show your thoughts about what life has been like recently.



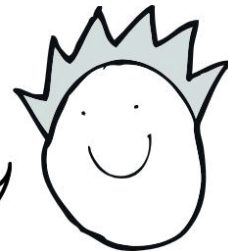
Sometimes our minds can feel a little bit like that jar. We can have lots of thoughts in our head all at once.



When life feels sad, scary or frustrating we can feel angry, sad or worried. Sometimes we then behave differently to how we do usually.

What has made you feel sad recently?

When we have lots of happy and good thoughts in our head, we can feel happy and have fun.



What has made you feel happy recently?

Go back and write or draw 2 more happy thoughts or memories into your jar.

← hope →

RESILIENT ME

Every time we go through changes, we get new skills which help us in the future. Just like a superhero getting their superpowers!! We call this becoming 'resilient'. Our superpowers help us to bounce back when we've found things to be hard.

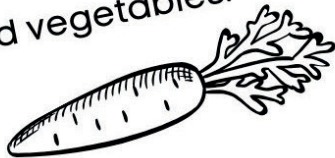
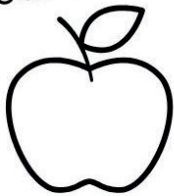


What are your superpowers? Circle the ones that you have.

I can calm down.



I eat fruit and vegetables.



I have friends.



I sleep well.



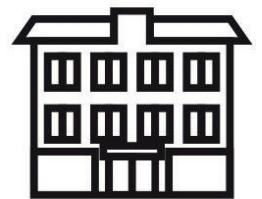
I can solve problems.



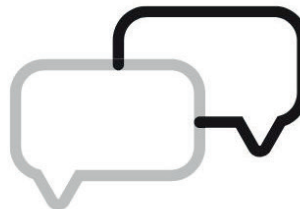
I am brave.



I like school.



I know who I can talk to when I'm sad.



I can have a laugh.



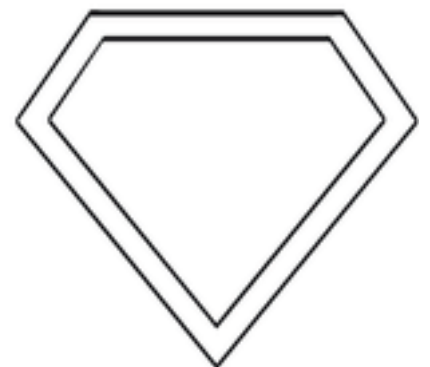
Is there a power that you don't have yet that you would like? Tick this.

Imagine that you are a superhero with all the skills to cope with change. What would your superhero look like?

Superheroes are often in a team with other people who can help them. Who would be in your Resilience Superhero Team? Draw them.

It could be:
your friends?
your family?
your teachers?
your pets?
a sports coach?

Give yourself a resilient superhero name and a logo.



"I AM _____

TAKING CARE OF ME

Mental health is all about the way we think and feel about ourselves, other people and the world around us. We all have it and need to take care of it.

When we take care of ourselves and do the things we enjoy, our mental health feels better.

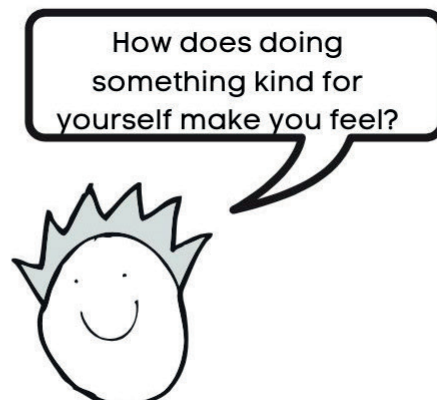
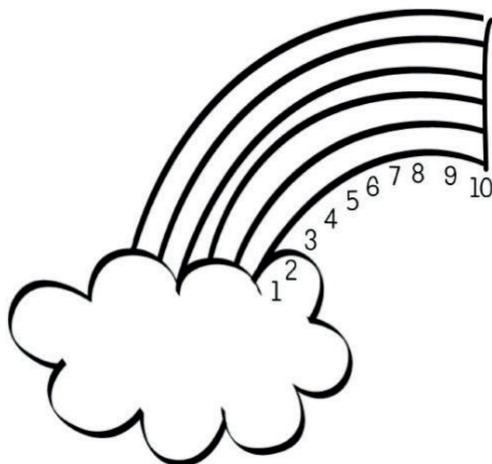
Draw or write the things that you enjoy in the stars.



Can you do something to be kind to yourself every day?

Tick off the days when you have done this.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☐	☐	☐	☐	☐	☐	☐

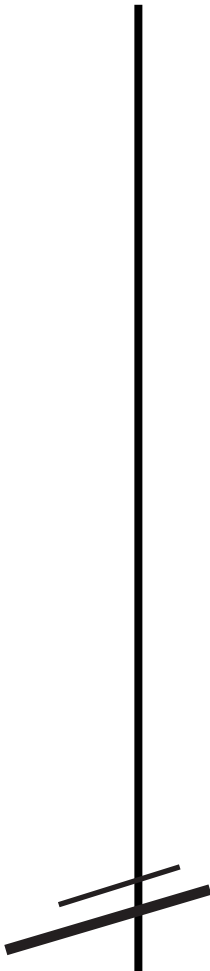
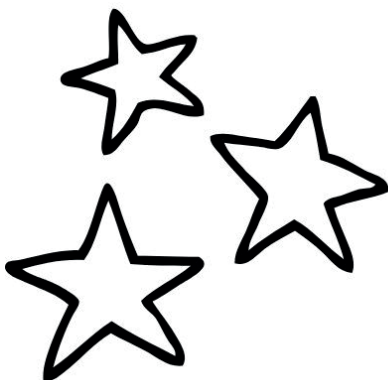


Taking care of others and being kind also makes us feel good.

Think about some kind things that you can do for your friends and family. Write about or draw them below.

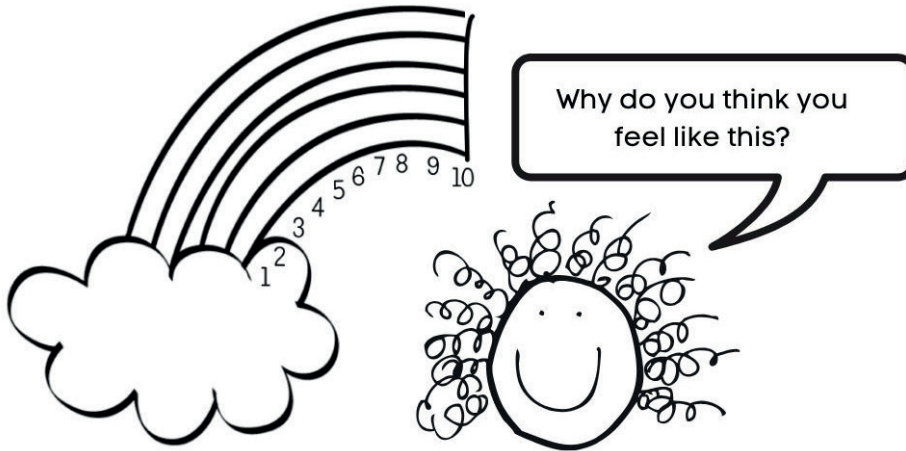


Sometimes we just need to be a space that feels safe.
Write or draw about a place where you feel safe and like to be.

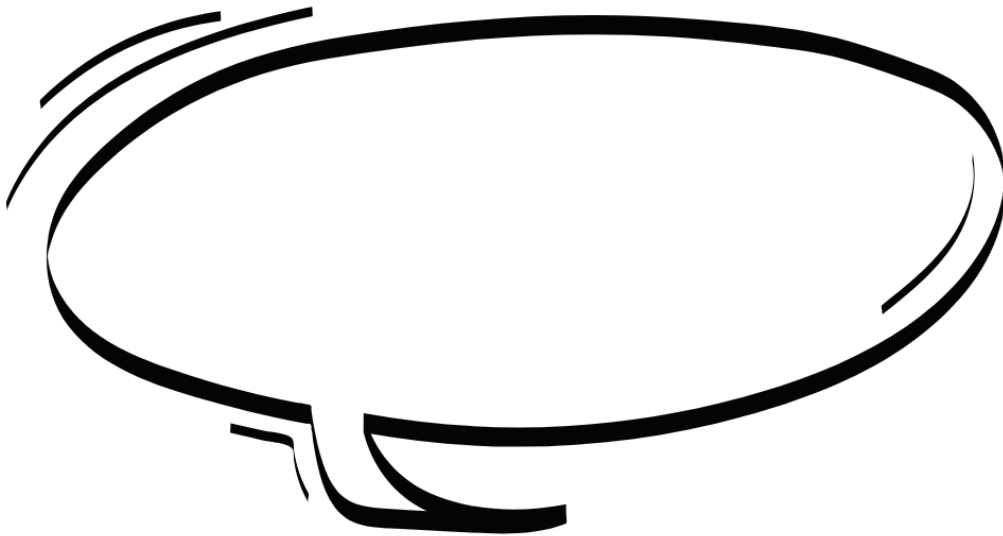


HOW ARE YOU FEELING?

How do you feel today?



All of us need help from time to time with the way we are feeling. If your number on the ROAR rainbow is low and is low often it can help to speak to someone. Write down some of the names of helpful people that you can talk to.



How have you found keeping this journal?
Has it helped you? What have you learnt?

This Journal was put together by Liverpool Learning Partnership, Merseyside Youth Association, Liverpool CAMHS mental health support teams and staff from Liverpool Schools.

