

Learning-From-Home Wellbeing Mini-Journal

A little journal to help you cope with big changes in the world.



All content has been derived from the national best-selling series My Wellbeing Journals. Content has been reviewed and approved by practising child and adolescent psychologists and specialist wellbeing educators.

Disclaimer: Students should work on these exercises under parent supervision, and activities presented in this book should not be acted upon in any other way. Teachers, parents and schools are solely responsible for making their own assessment of matters presented in this publication and the supervision of children whilst using it. Every effort has been made to research texts and facts thoroughly using highly credible sources; however, due to conflicting research on some topics and various perspectives presented by a multitude of information sources, no claim can be made to the absolute accuracy of information presented. Teachers 4 Teachers Publications Pty Ltd will not accept any liability for loss or damage caused by any person acting on information presented in this book.

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Dear Educators and Parents,

We are experiencing unprecedented times. Never before has the wellbeing of teachers and students been more important to maintain than it is right now.

This mini-journal is a compilation of pages derived from the national best-selling series *My Wellbeing Journals*. We have hand selected the pages contained in this mini-journal to assist students to acknowledge, understand and hopefully manage the plethora of emotions they are undoubtedly experiencing during this global health pandemic.

Why should I use this mini-journal?

Wellbeing is often described as the quality of a person's life. Maintaining our wellbeing means that we are comfortable, happy and healthy- most of the time! It means that when we are faced with challenges, or experience unpleasant emotions, we can come up with ways to overcome them. We learn about wellbeing so that we can reach our potential and live a happy and fulfilling life.

Learning-from-home is new to students, parents and teachers. We hope this mini-journal can help students to cope with this rather large change in routine and learning environment.

How do I know this content is OK to use with my child/students?

Each and every page of the *My Wellbeing Journals* have been reviewed and approved by multiple practising child/adolescent psychologists and specialist wellbeing educators. More than 100 000 students already use the *My Wellbeing Journals* in Australia.

I sincerely hope you enjoy completing this mini-journal. If you wish to purchase the 64-page version of the Year F, Year 1-2, Year 3-4, Year 5-6, Year 7-8, Year 9-10 or Year 11-12 journals they can be purchased via our website from \$12.95 each.

Warmest regards,

Lauren O'Brien

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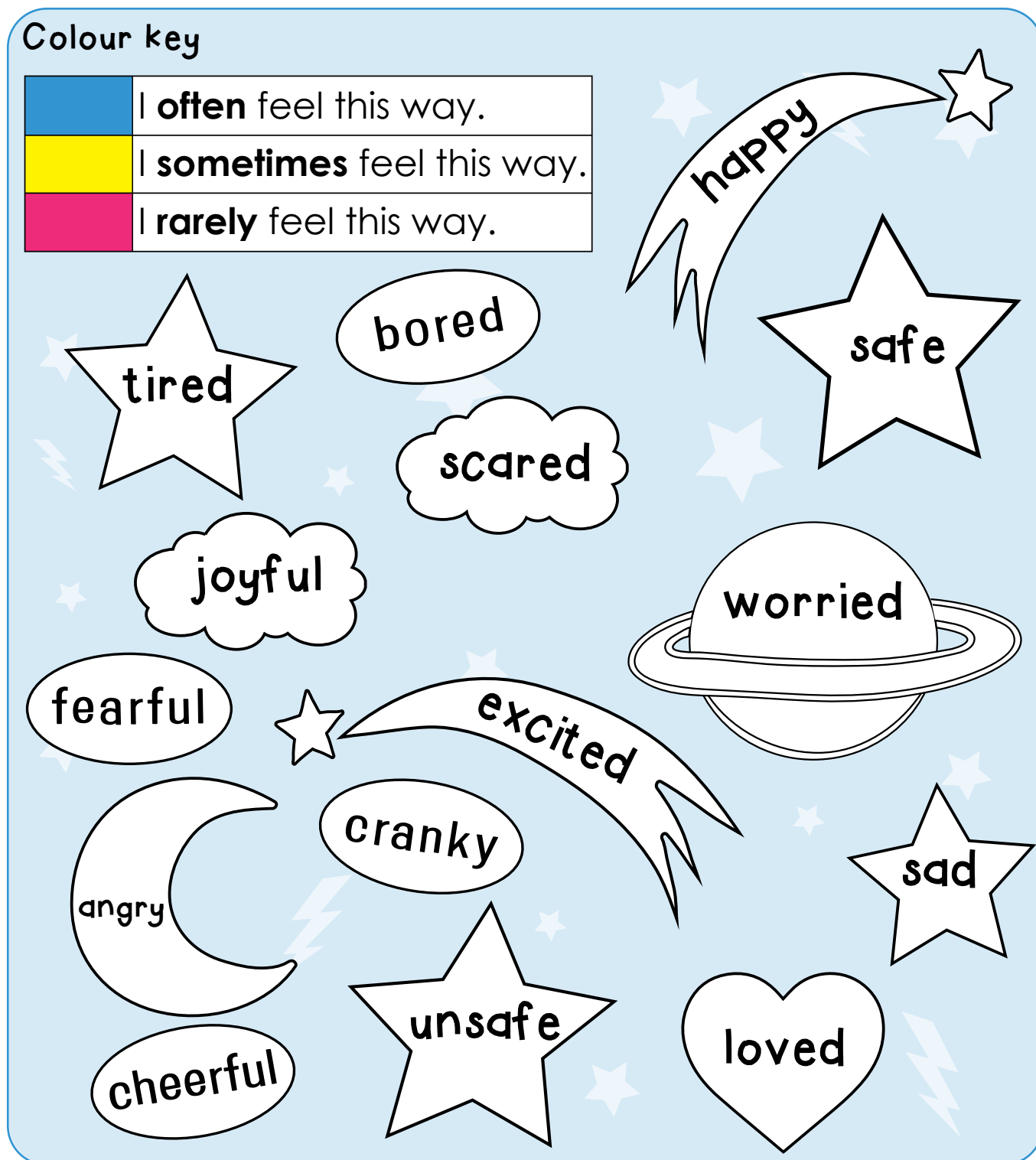
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Often, Sometimes, Rarely

Look at the feelings in the shapes below.
Use the colour key to colour in each feeling.

Colour key

	I often feel this way.
	I sometimes feel this way.
	I rarely feel this way.



Worry Jar

A worry jar is a place you can put your worries. It might help you to feel more in control of them.

Write or draw your worries in the jar below.



In a month or so, reflect on the worries in your jar. Rub out the ones you no longer have.

Reflecting on the Day



How did you feel **this morning**? Shade.



excited



happy



sleepy



worried



sad



angry

What made you feel that way?

A large rectangular area with a blue dotted border, intended for writing a response to the question 'What made you feel that way?'.

How do you feel **now**? Shade.



excited



happy



sleepy



worried



sad



angry

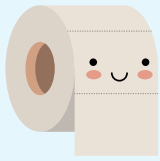
What makes you feel like this?

A large rectangular area with a blue dotted border, intended for writing a response to the question 'What makes you feel like this?'.

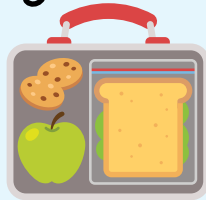
Personal Hygiene



When should you wash your hands?



After going to
the bathroom.



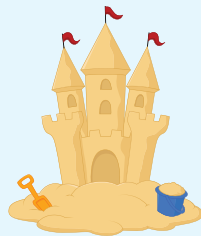
Before
you eat.



After touching
an animal.



After blowing your
nose or sneezing.



After playing
outside.



Before and after
visiting a sick person.

PROCEDURE: WASHING HANDS.

You will need:

★ water ★ soap ★ towel

The steps:

1. _____

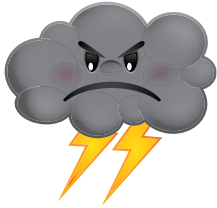
2. _____

3. _____

Present Feelings



Being mindful is all about focusing on the present moment and not worrying about past or future challenges.



Stormy
angry or cranky



Rainy
upset or sad

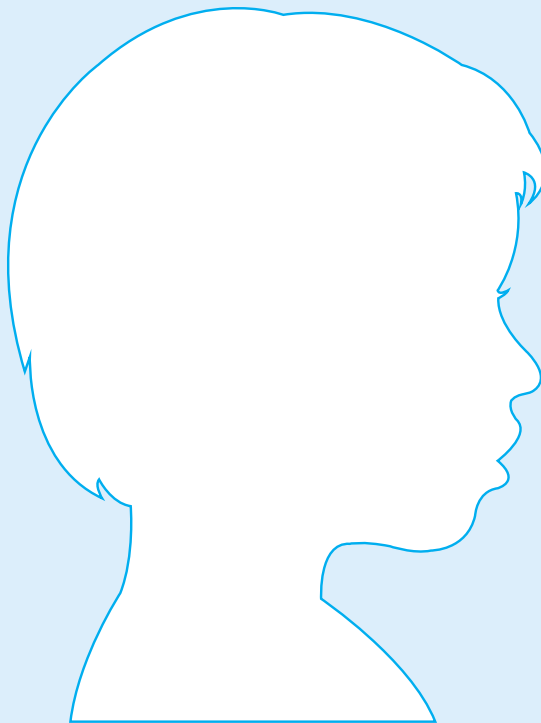


Foggy
worried, fearful
or muddled



Sunny
happy or content

Use the guide above to draw how you feel right now.
You may feel something that is not listed above.



Why do you feel this way?

Allow Your Feelings



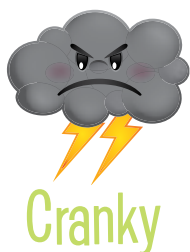
The weather is constantly changing, and so are your feelings. You can't stop unpleasant feelings, but you can learn to cope with them in a mindful way.

Think about a time you felt the following feelings.



What made you feel sad?

How did you act?



What made you feel cranky?

How did you act?



What made you feel confused?

How did you act?



What made you feel happy?

How did you act?

Coping with Unpleasant Emotions



Developing skills to help you cope with unpleasant emotions that will arise at different times of your life will be useful. Slowing down and focusing on your breathing will help, but there are many other ways to cope.

To manage unpleasant emotions, we could:



use positive self-talk

Thinking positive thoughts is much more helpful than thinking of all the things that worry you.



stay active

Exercise can help you feel happier and more relaxed.



make a list

This could be a list of things that trigger the unpleasant emotions, or things you have to do that are making you feel worried.



learn how to relax

Doing something you enjoy that calms you down can help to take your focus away from the things you are worried about.



focus on breathing

Sit quietly with your eyes closed and focus on your breathing. Do this until you feel calmer.

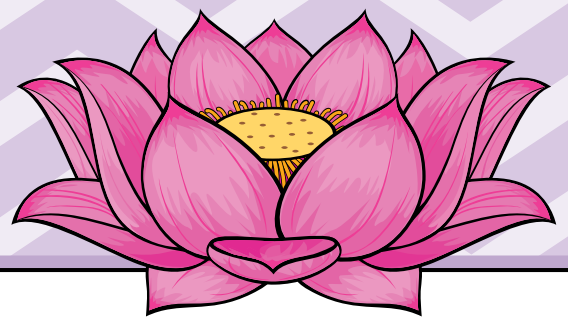


be mindful

Taking time to stop what you are doing to notice the things you can hear, see, smell and feel around you can help focus on the present rather than your worries.

List two things you do to cope with unpleasant emotions.

Resilience



Sometimes, we are faced with situations that can be difficult, disappoint us, or make us sad, but it doesn't mean we can't come back even stronger than we were before. Resilient people never give up, even when times are tough.

How can you be resilient?

You are upset because you cannot leave the house and see your friends.

Describe how you can be resilient.

You are worried about the problems of the world that you see on the news.

Describe how you can be resilient.

You are no longer able to have a birthday party, so it had to be cancelled.

Describe how you can be resilient.

Worrying Changes Us



When we worry or experience anxiety, our body can change in several ways. The symptoms may include:



increased heart rate



upset stomach



feeling hot



sweating



shaking

What was the last thing you were worried about?

Tick the things you notice happening when you worry.

- ☐ increased heart rate
- ☐ upset stomach
- ☐ feeling hot
- ☐ sweating
- ☐ shaking

With a little practice you can learn to manage your worries. Some common ways of controlling worries include meditation, writing in a journal, exercise, positive self-talk, taking time away from technology and mindfully focusing on the present.

Is there anything you do to manage your worries?

Things I Do to Cheer Myself Up

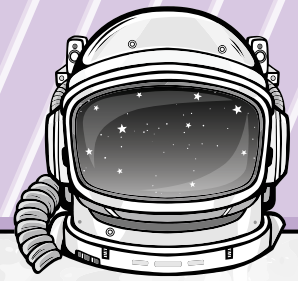


Creating a list of things that cheer you up may help you the next time you experience an unpleasant emotion.

List 7 things that you can do to cheer yourself up.

1	
2	
3	
4	
5	
6	
7	

Spreading Kindness



To be kind, you must show that you are:

Generous

You give without wanting anything in return, e.g. you buy some food supplies for an elderly neighbour.

Friendly

You are nice, polite and respectful to others, e.g. using good manners when people are talking to you.

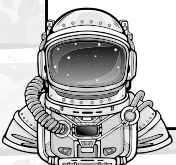
Considerate

You think about the needs of others, e.g. you make cookies for the staff at the local hospital.

Think of some kind things that have been done for you in the past. Write them below.

Describe the last time you were kind to someone.

Think of all the different ways you can spread kindness at home and in the community. Write your ideas below.



Building Resilience



Resilience is NOT a skill you are born with, it is a skill that needs to be developed over time.

How can YOU be more resilient?



Change negative thoughts to positive self-talk.



Look for ways around challenges and don't give up.



Accept that you cannot stop things from going wrong in life.



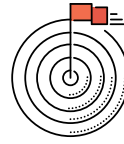
Focus on what is in your control.



Learn from past mistakes.



Learn some positive coping strategies.



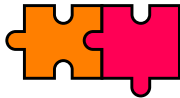
Commit to SMART goals.



Try to see the funny side of life's mishaps.



Embrace change and stay hopeful.



Practise problem-solving skills.



Ask for help and support.



Keep things in perspective.

Think of a time you rose above a challenge and became a stronger, more confident person.
Draw or write about it below.

How could you improve your resilience in the future?

Working With Our Worries



Worries are thoughts you cannot get out of your head about real, potential or imagined problems. It is important to work out how realistic your worry is. If your worry is not likely to actually happen, it's best to set it aside because it's a waste of your emotions! If it is likely to happen, spend some time working out what you might do if it occurs. This will make you feel like you have control over the situation, and will make you feel better.

Tick the boxes next to the worries you have experienced over the past twelve months.

family relationships	<input type="checkbox"/>	being tested at school	<input type="checkbox"/>	public speaking	<input type="checkbox"/>
being bullied	<input type="checkbox"/>	unwell family members	<input type="checkbox"/>	getting lost	<input type="checkbox"/>
fitting in	<input type="checkbox"/>	getting into trouble	<input type="checkbox"/>	flying on a plane	<input type="checkbox"/>
schoolwork	<input type="checkbox"/>	playing sport	<input type="checkbox"/>	problems in the world	<input type="checkbox"/>
your safety	<input type="checkbox"/>	fighting with friends	<input type="checkbox"/>	being excluded	<input type="checkbox"/>

Draw fish in the ocean to represent the worries you have at the moment.
Big fish represent big worries, and small fish represent small worries.



Shade the strategies you could use to overcome some of these worries.

ask for help and support	exercise
make a to-do-list and get organised	positive self-talk
shift my focus to things that I can control	conscious breathing or meditation

Letting Go



Much of what happens to us in our lives cannot be controlled. Worrying too much about the things we cannot control can negatively affect our wellbeing.

changes to my body the way I treat others my reaction
other people's actions my mindset other people's thoughts what I say
my self-talk how others treat me the weather how I respond to challenges
illness in others problems in the world

Sort the examples above into the correct segments below.

Things I cannot control

Things I can control

PRACTISING

PRACTISING

PRACTISING

PRACTISING

- # PRACTISING



PRACTISING

Reflecting on the Week



Fill in the journal entry below with your own thoughts.

Date: _____

The best thing that happened this week was:

Something that challenged me this week was:

Something I didn't like about this week was:

Circle the face that best represents how you have felt this week.

