

MY 2020 COVID-19 WELLBEING JOURNAL

NAME

AGE



I AM GRATEFUL FOR...

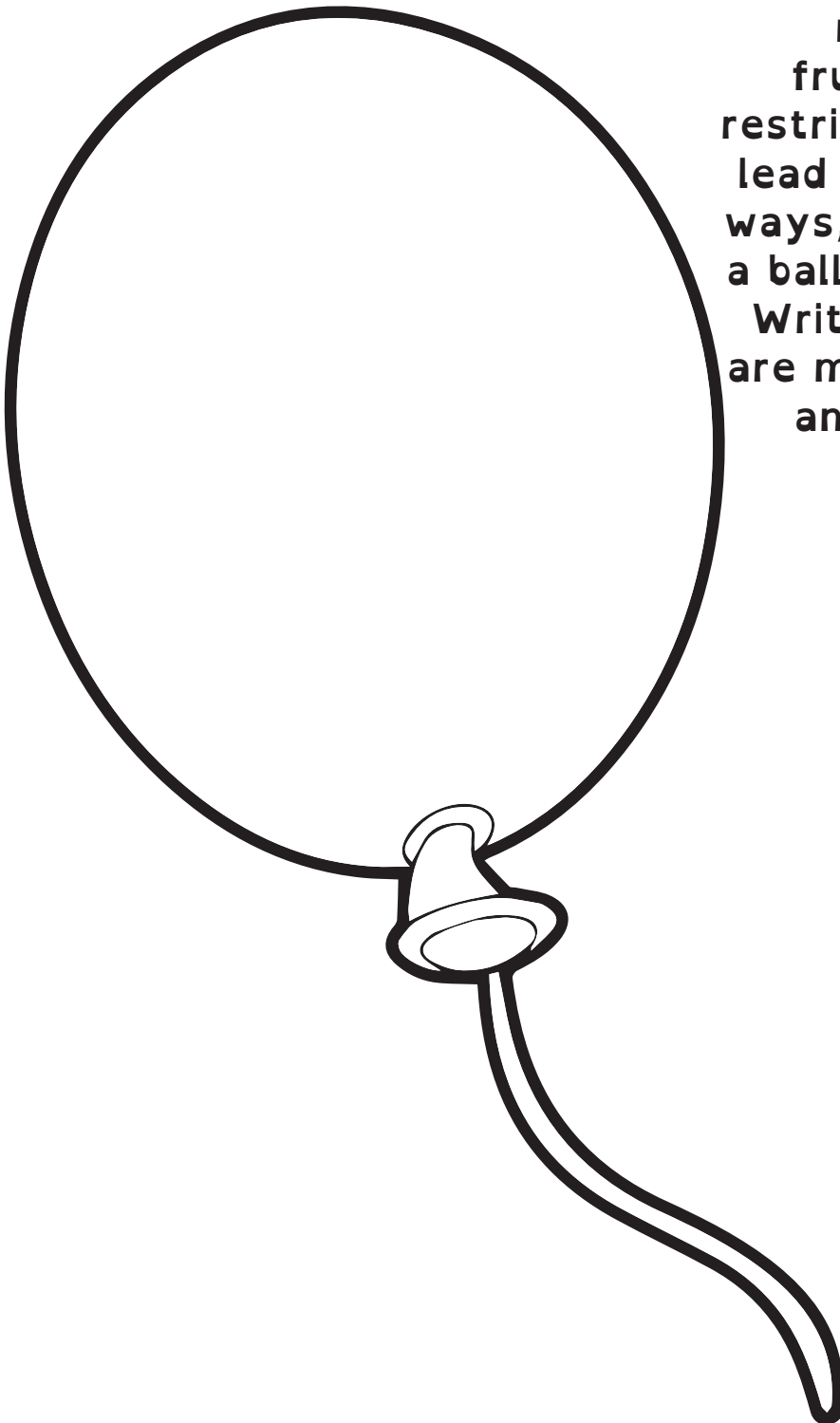
GRATITUDE JAR



WHAT ARE YOU GRATEFUL FOR TODAY?

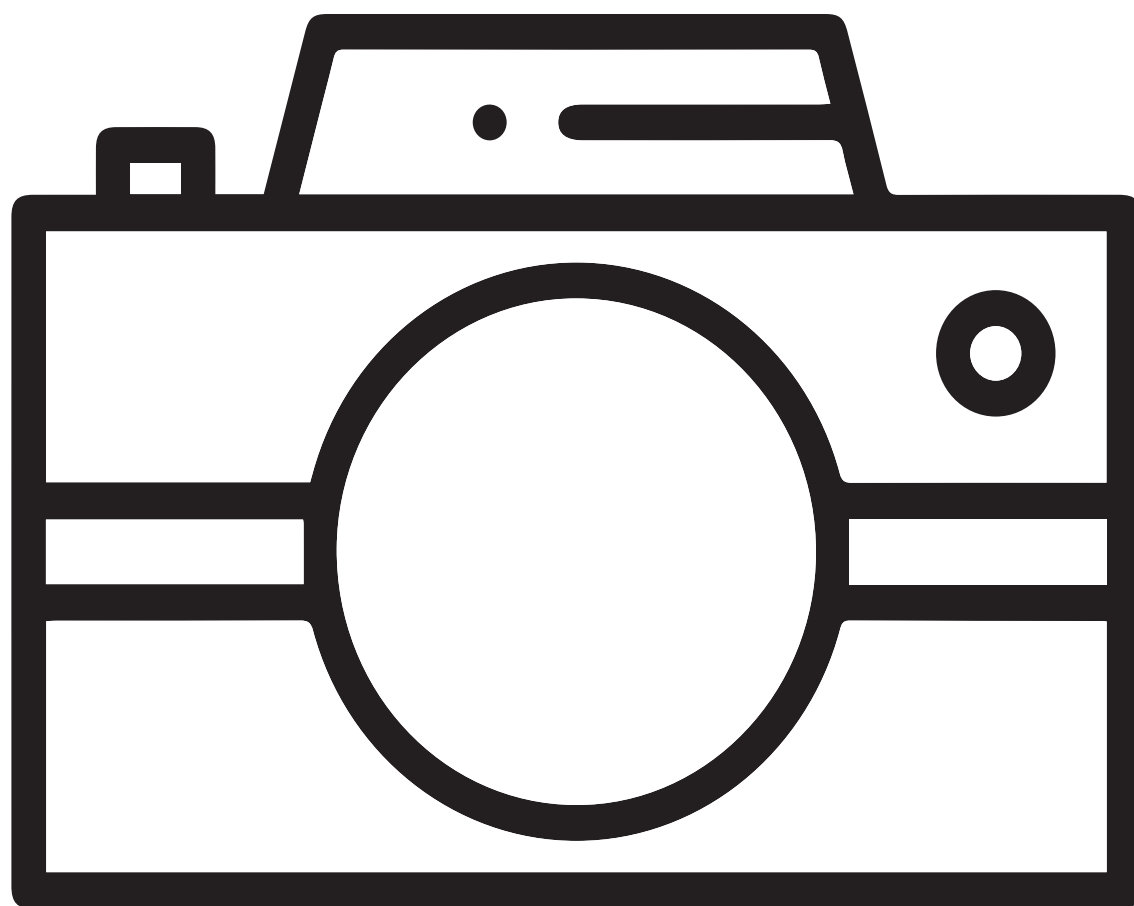
LET IT OUT, BEFORE YOU BURST...

As lockdown continues, we might start feeling frustrated, anxious and restricted. These feelings can lead to us behaving in funny ways, sometimes we feel like a balloon that's going to pop! Write down the things that are making you feel stressed and if you can - talk to someone!

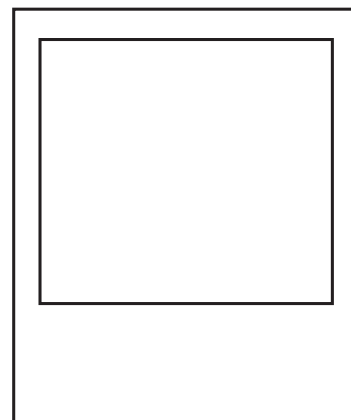
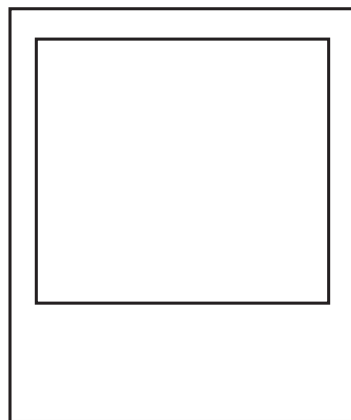
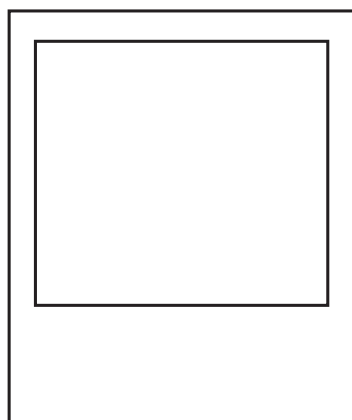


THINGS TO DO TO HELP ME FEEL CALM

**DRAW A PLACE IN THE MIDDLE OF THE CAMERA THAT
MAKES YOU FEEL CALM.**



**What would be your 3 favourite activities to do to
help you relax? Draw them in the polaroid pictures.**



Morning Routines

**Make a list of things you do when you wake up.
By helping create a list of things to do, like making your bed,
no matter how the day goes, you have been successful as
you did one or all the things you intended to do**

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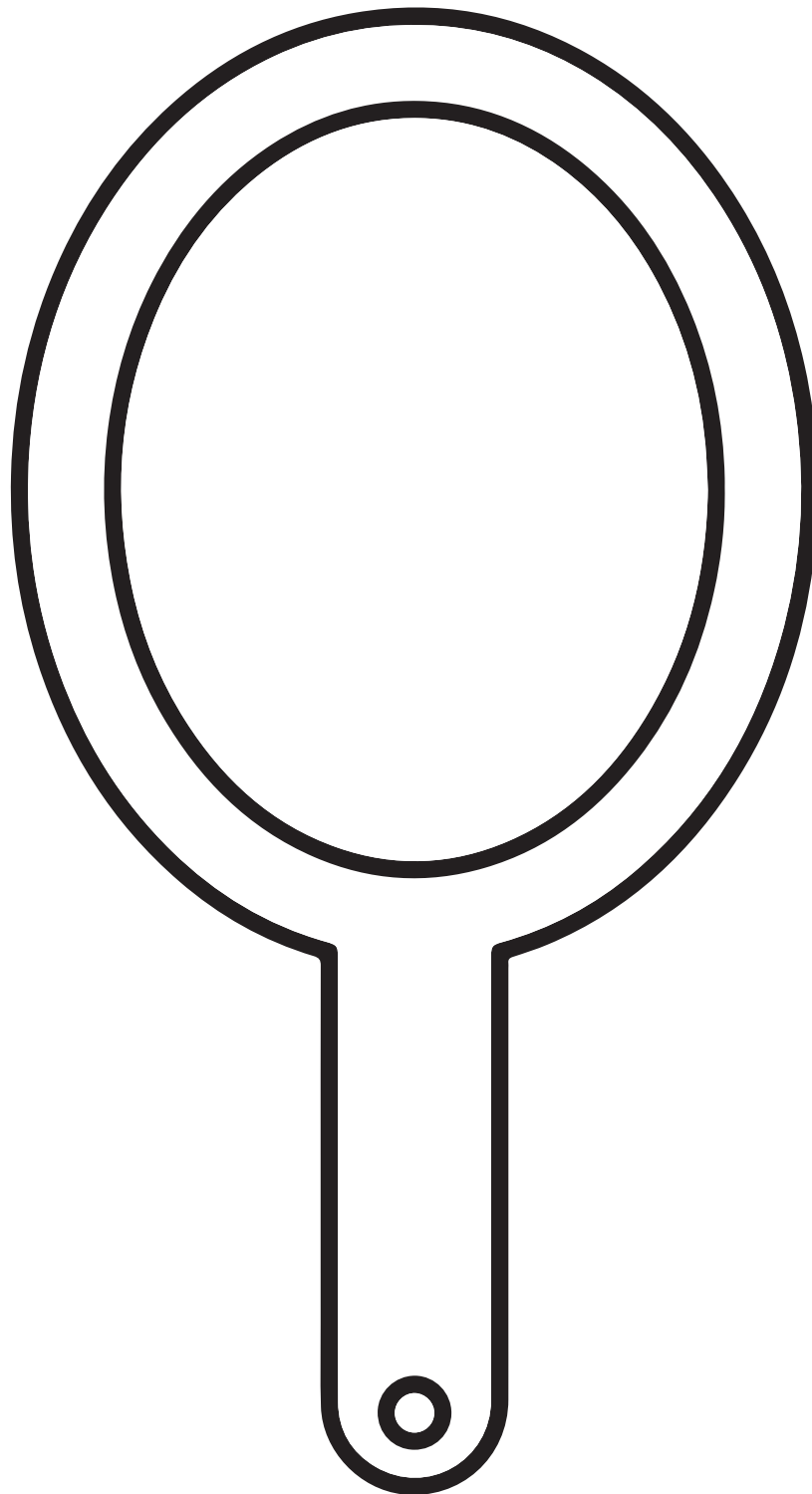
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BE KIND TO YOURSELF...

YOU ARE AMAZING!

When we feel trapped, we focus on all the negative. Have a look in the mirror or ask someone who loves you, what makes you amazing. Write them down on the mirror.



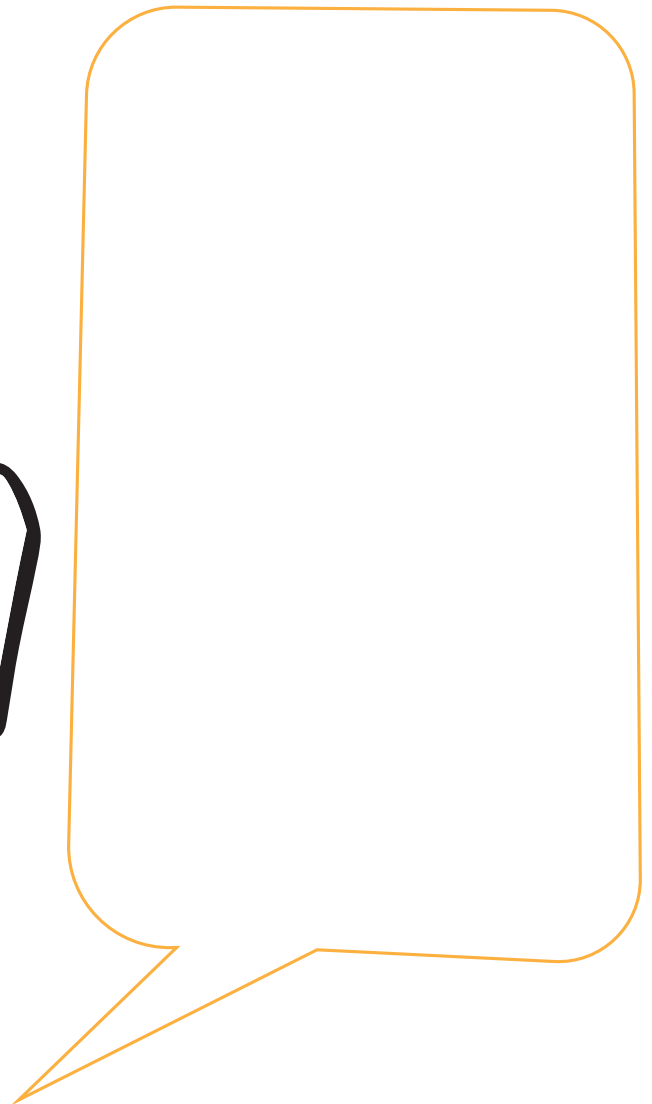
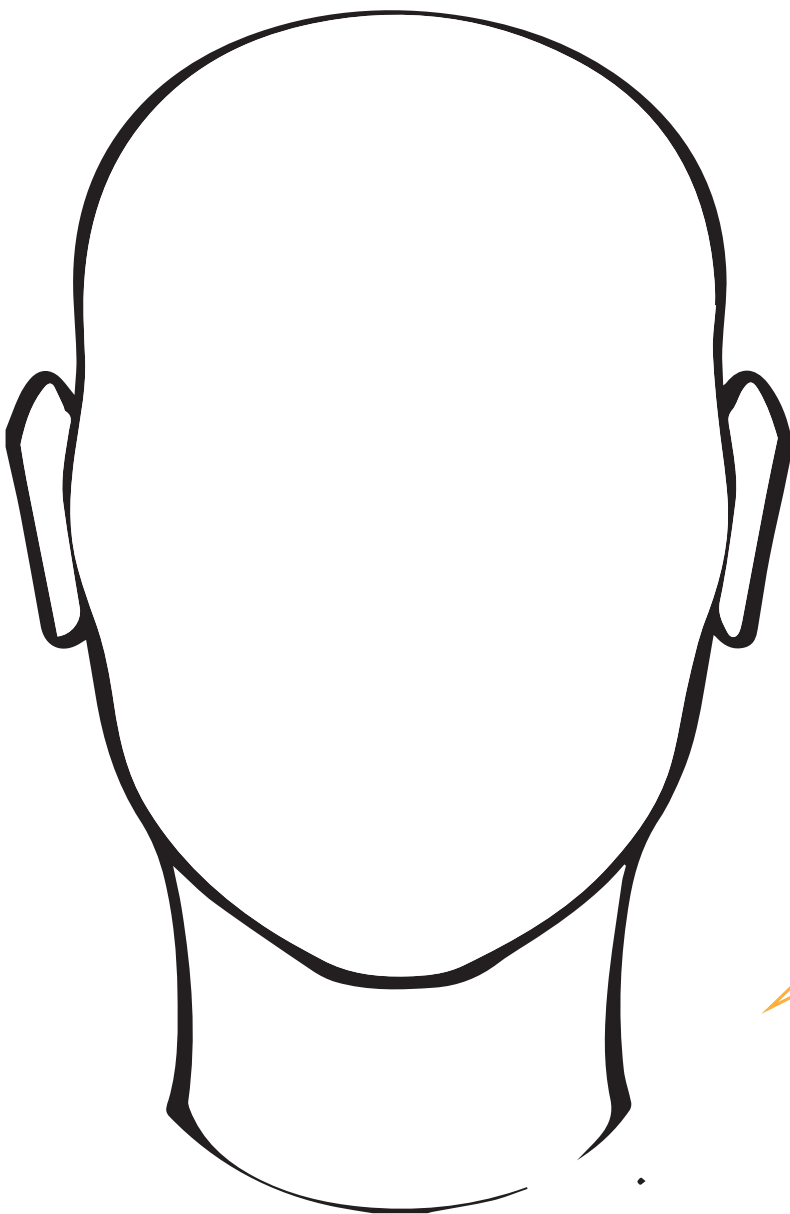
FREE SPEECH

If you could have a conversation with
anyone...

Who would it be?

What would you say?

Draw them on the outline and complete the
conversation in the speech bubble.



HEALTHY MIND CALENDAR...

It is important to outline your weeks to help the time pass quicker and keep your mind active. What are you going to do this week?

WEEKLY PLANNER

Week of: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

POSITIVE
THOUGHT



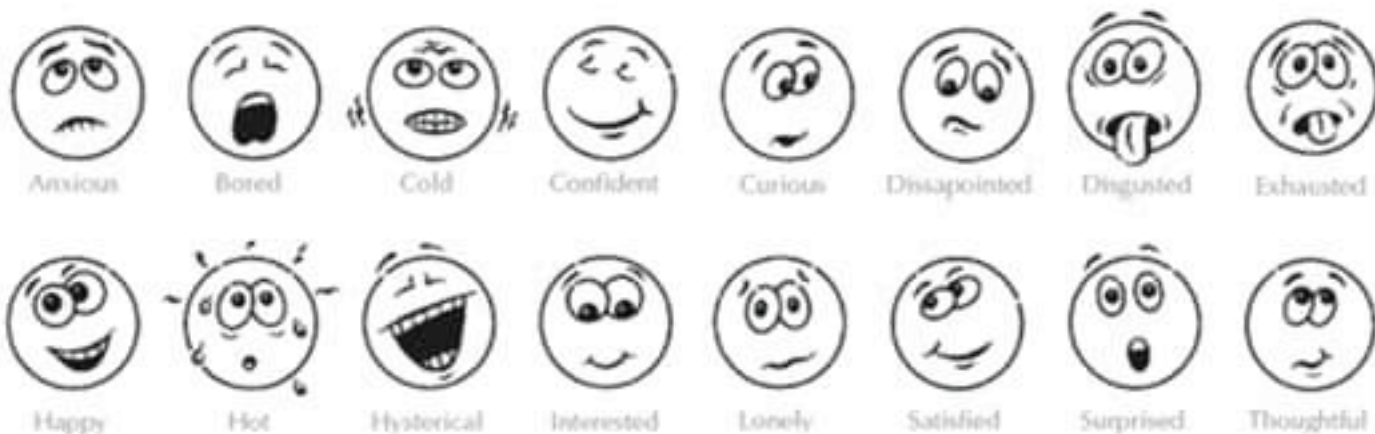
TO DO LIST

GOAL OF THE WEEK

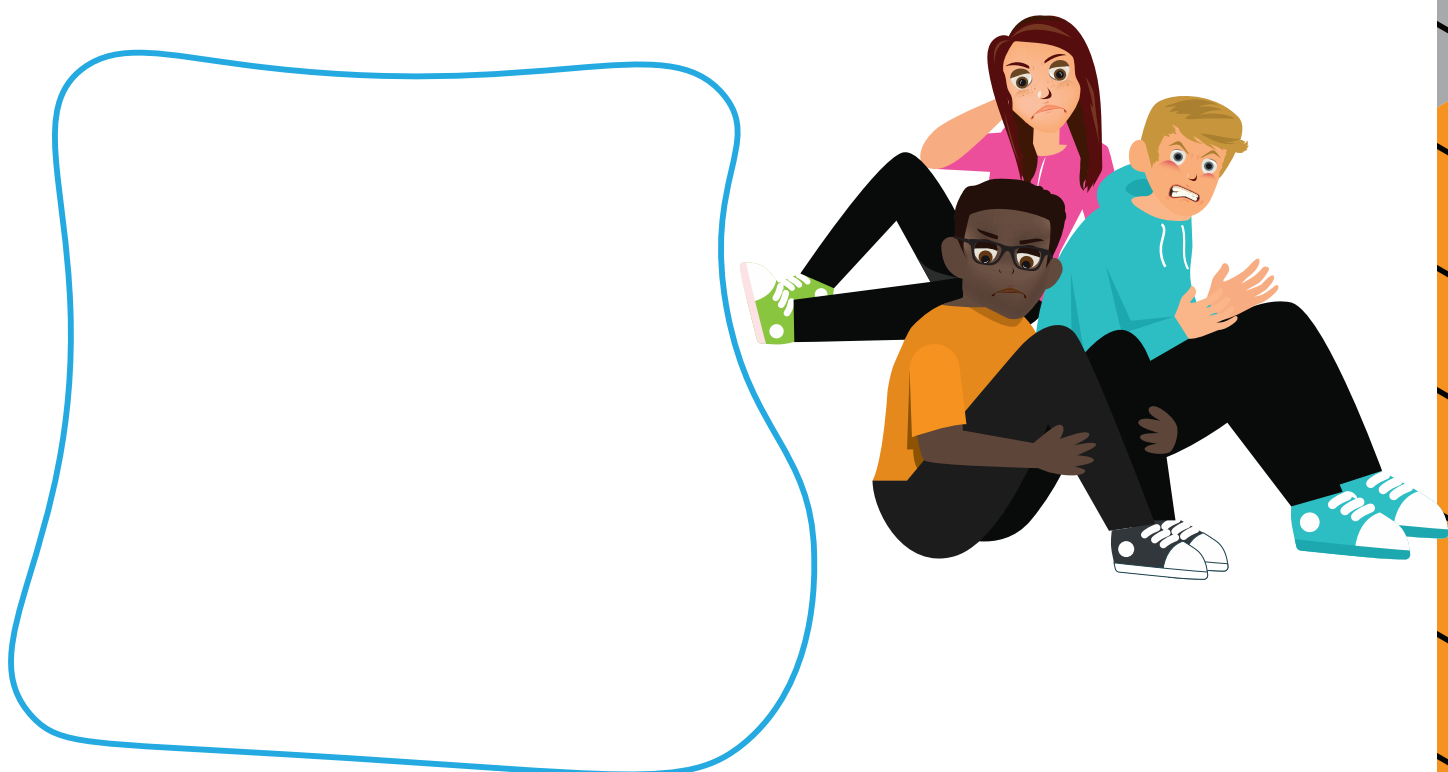
YOU CAN PRINT THIS SHEET FOR EACH WEEK, YOU CAN USE IT WHILE IN LOCKDOWN AND AFTERWARDS.

EMOTIONAL CHECK IN ...

How do you feel today?
Circle the face that best shows you have
you are feeling.



Write down the word or words that best describe it.
Do you know why you are feeling the way you are
feeling? If you do, write that down too.
It is important to name the feelings to help us process
and deal with them, and talk to someone you trust!



WHEN SCHOOLS GO BACK...

Write down a list of things you are looking forward to when schools go back.



A Prayer

You are...

(Who you think God is)

I'm sorry for...

**Thank you
for...**

**Please help...
(others)**

**Please help...
(me)**



AMEN

TRAIN RESTORE INSPIRE PREPARE



**BUILDING CONFIDENCE
AND COURAGE TO FACE
THE FUTURE**