

My Wellbeing Journal

This journal belongs to:



How I feel

Think about three good things that made you happy today.

Write your three good things below:



HOW I FEEL

How I move



Make up an exercise or dance routine to your favourite song and teach it to your friends. Challenge Mum and Dad to join in... can they keep up!?

Which song did you choose and what was your favourite exercise or move you included?



HOW I MOVE

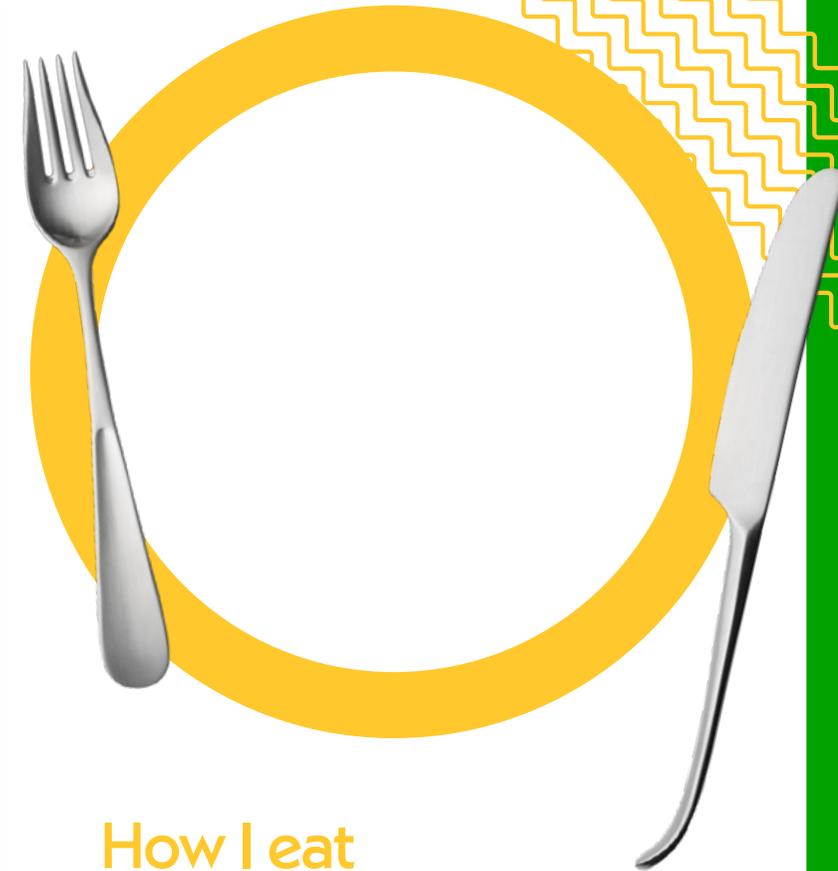
How I sleep

Create a reading list and set aside 30 minutes before bedtime to replace screens and phones with a book. How many books can you read this week?

List the books you read below and write a summary or draw a picture of your favourite story.



HOW I SLEEP



How I eat

Make sure you eat vitamin-packed fruit and veg to boost your immune system and stay healthy – aim for a variety of colours each day. On the plate, draw your food rainbow.

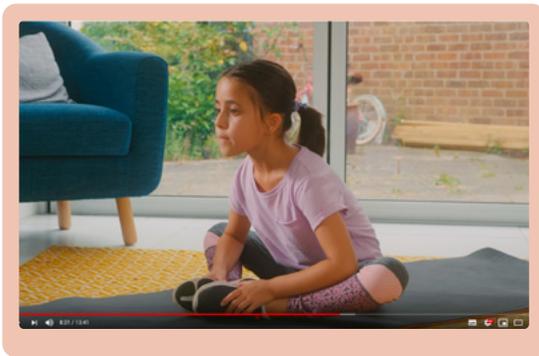
Did you eat a full rainbow of colours today? Did you miss any colours out and can you include these tomorrow?



HOW I EAT

How I move

Take part in an online exercise video and encourage friends to do the same – compare notes afterwards to share your favourite and least favourite exercise. Here’s one to get you started [here](#)



Which workout did you do? Did a friend do a different one you could try? Write down your favourite exercise here.

HOW I MOVE

How I feel

What negative thoughts have you had today or heard others saying? How could you think about these more positively? Challenge your thoughts by seeing the situation differently.



Write down a different thought that could improve your emotions (how you feel) or behaviours (what you do).



HOW I FEEL

How I eat

Think of new ways to drink enough water every day by adding ingredients which are low in sugar but high in vitamin C and other nutrients. Examples could include lemon slices, fresh mint, ginger.

What other ingredients did you come up with? What was your favourite flavour? How would you rate your hydration effort today out of 10?



HOW I EAT

How I sleep

Keep your routine and go to bed at a similar time to a school night so you can get up and enjoy outdoor activity. Morning sunlight helps you to produce your sleep hormones for later in the evening.

What time did you go to bed and did you go to sleep straight away or were there any distractions? Record your sleep routine for a whole week:

Day	Time I went to bed	Time I woke up	Total hours I slept
Mon			
Tues			
Weds			
Thur			
Fri			
Sat			
Sun			

HOW I SLEEP

How I feel

Learn a new skill to impress your friends with when you return to school.



Which new skill have you learned and how long have you spent practising today?



HOW I FEEL

How I move

Support friends, family and neighbours by completing three tasks that use your muscles – carrying shopping bags, mowing the grass, walking the dog. These should involve movements such as standing, lifting, carrying, pushing, pulling.

What activities did you complete and which muscles did you use to complete them?



HOW I MOVE

How I sleep

Aim for 10-11 hours of QUALITY sleep every night to stay healthy and to support your immunity cells to fight germs.

Was your sleep good quality? Rate it on the scale of 1-10 below by ticking a box. Why did you give yourself this score?



HOW I SLEEP

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1	2	3	4	5	6	7	8	9	10	



How I eat

Invent a delicious smoothie using your rainbow foods as a guide to keep your body healthy. Write down your ingredients and share with friends to give them a boost!

Give your smoothie a name and draw the ingredients in the blender above.

My smoothie is called:



HOW I EAT



How I move

Complete at least one hour of physical activity each day that makes you breathless to keep your heart and lungs healthy. Do you have a garden or local park to play games in? E.g. football, skipping, stuck in the mud with friends.

Which games or activities did you do which made you out of breath and for how long?

Day	Activity	Length of activity

HOW I MOVE

How I feel

Perform a random act of kindness today such as cleaning a room in your house without being asked, making something or writing a card for a member of your family.



What act of kindness did you do? Write below how it made you feel?



HOW I FEEL

How I eat

Learn about a anti-oxidant rich 'super food' you can include in your diet that contains a vitamin or mineral to protect your cells and body against damage and keep you healthy.

Which super food did you eat today and what vitamin or mineral does it contain? Research what benefit this nutrient has for your body and record your findings below:

HOW I EAT



How I sleep

Try three new ways to help you relax and recommend them to others. This could be meditation, mindfulness, yoga, progressive muscular relaxation (tense a muscle and hold for five seconds, work through the body from head to toe), tai chi or deep breathing for example. Find an app to learn a relaxation exercise but remember not to use your phone in bed!

My favourite app to relax to is:



HOW I SLEEP

Which new relaxation activities did you try and how did they make you feel? Which one worked best for you?





How I feel

Can you reflect on yourself today – how mindful were you of your own emotional wellbeing and those of others?

List one thing that you did or said that made you or someone else feel better.



HOW I FEEL

How I move

Set time limits for sitting down with an alarm to remind you to move for 10 minutes every hour.



What activities did you do to move? Can you create your own gym using things in your home or garden?



HOW I MOVE

How I sleep

Spend time to rearrange your bedroom to de-clutter and make the best environment you can in order to play, exercise and sleep well.

Which items did you tidy up or what did you change in your room? Did you sleep better after doing this?



HOW I SLEEP



My recipe ingredients:



How I eat

Come up with an immunity boosting meal recipe that uses rainbow colours for different nutrients and covers the main food groups. Try a new combination of foods you haven't tried before. Make this with your family in the evening.

What nutrients did you include in your recipe?



HOW I EAT