



# My wellbeing journal for Children's Mental Health week

Name:

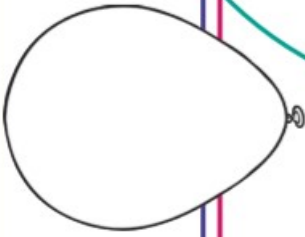
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This Children's Mental Health Week we are exploring the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

# My Favourite Things

My favourite colour is...  
Colour the balloon  
your favourite colour.



My favourite animal is...

This is me!  
My name is \_\_\_\_\_

My favourite toy is...



My favourite activity is...

My favourite food is...



These are my favourite things.

My favourite place is...



Monday

Tuesday

Wednesday

Thursday

Friday

Monday

Tuesday

Wednesday

Thursday

Friday

Hobbies Find The Correct Word And Write It On The Line Below



Playing The Guitar

Camping

Fishing

Listen To Music

.....



Reading

Surfing The Net

Playing The Guitar

Listen To Music

.....



Painting

Gardening

Taking Photos

Dancing

.....



Playing The Guitar

Camping

Listen To Music

Reading

.....



A hobby is something you like to do in your free time.

What is your hobby and why do you enjoy it?

Rate the Day



Monday

Tuesday

Wednesday

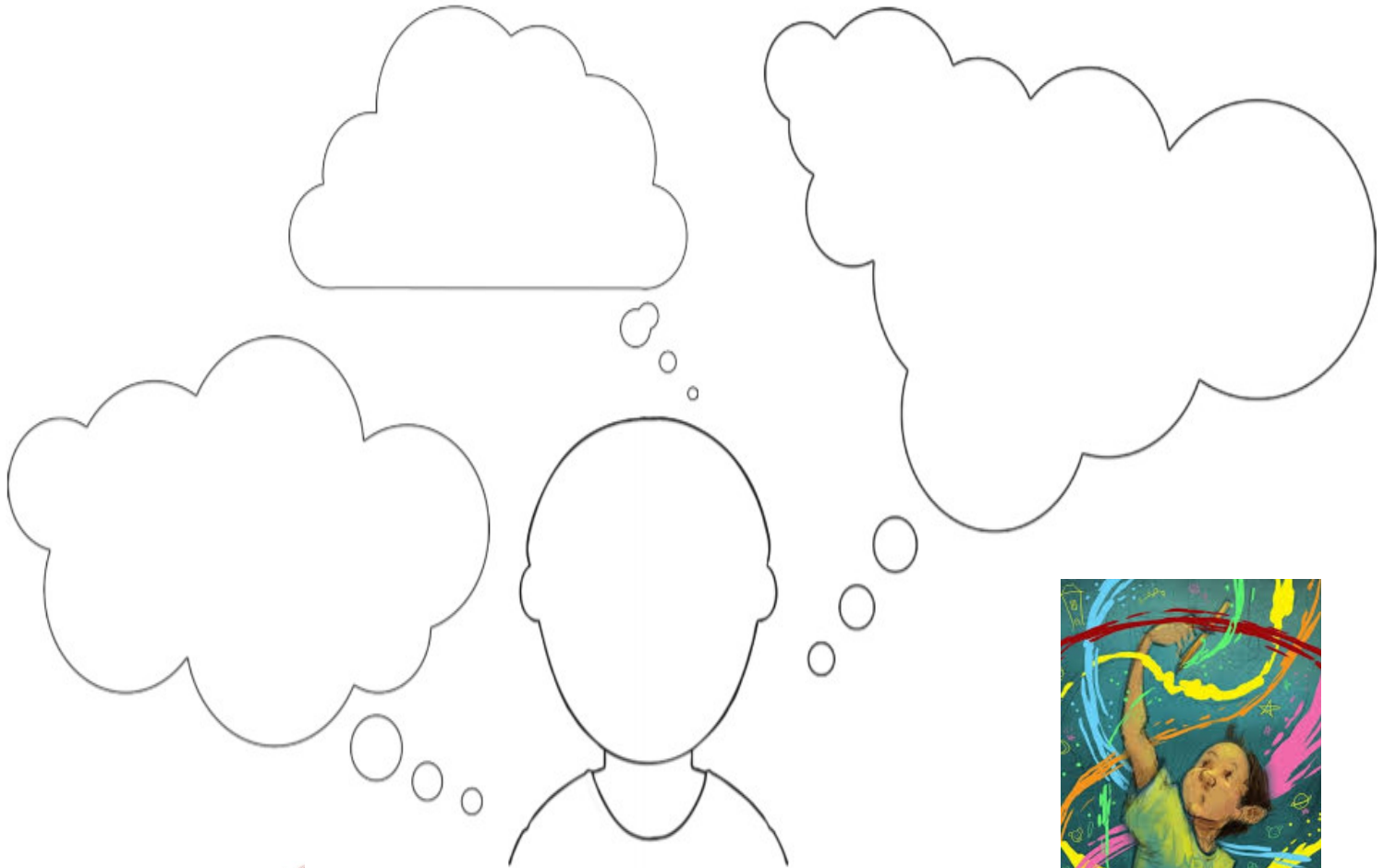
Thursday

Friday

What things make you feel happy?

Why do they make you feel happy?

Write three things in the thought bubbles and reasons why.



Rate the Day



WE'RE PROUD TO SUPPORT



#ChildrensMentalHealthWeek

Monday

Tuesday

Wednesday

Thursday

Friday



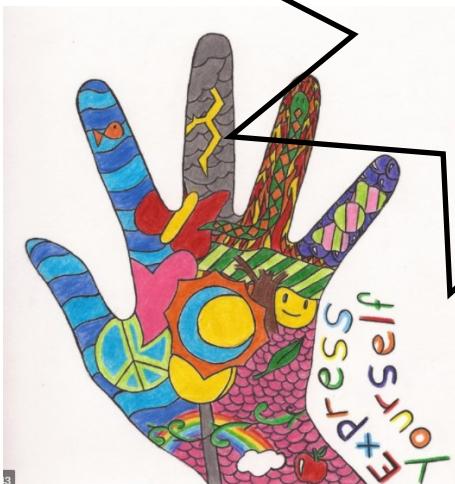
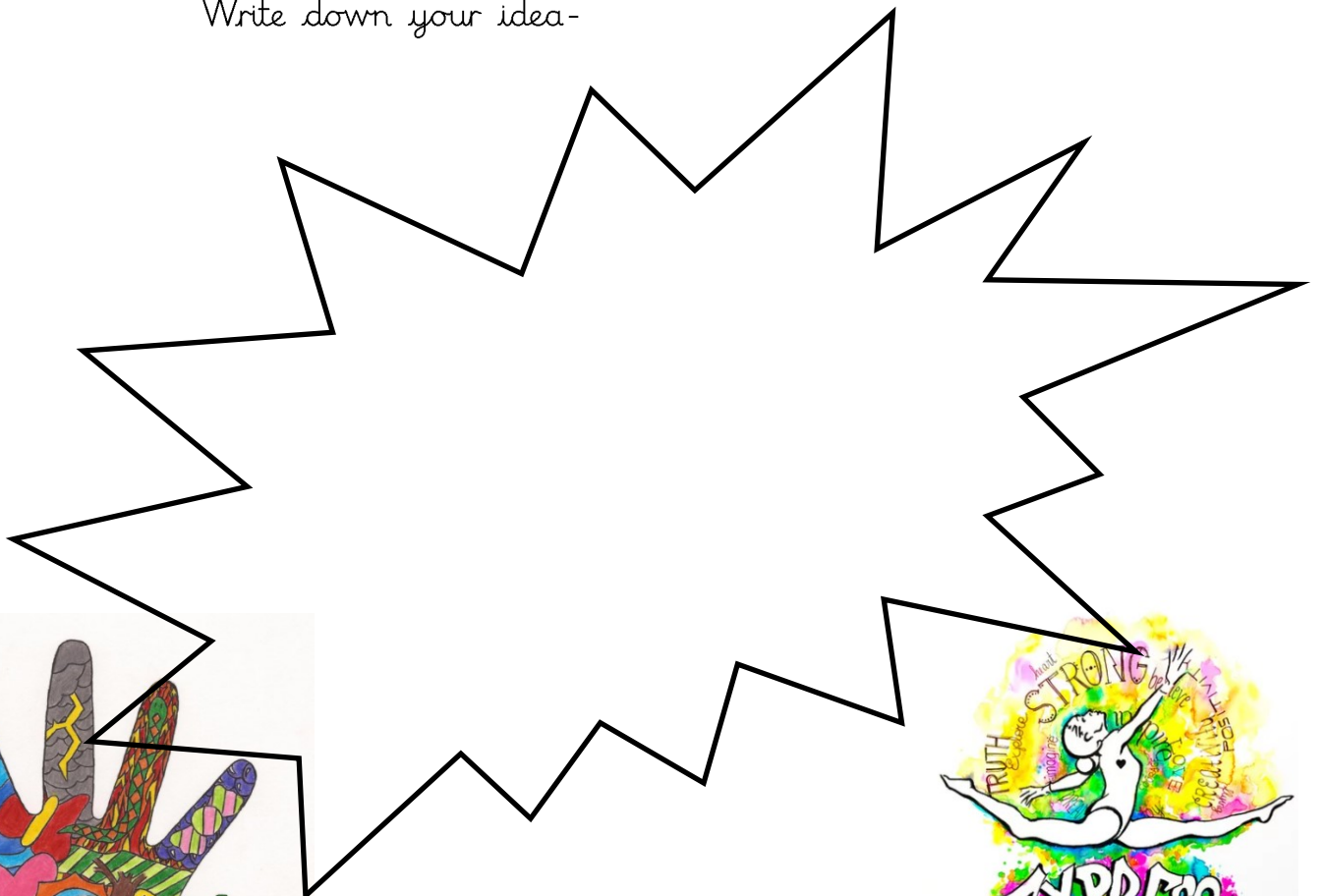
'Express yourself' is about finding creative ways to share feelings, thoughts, or ideas, through things like art, writing, music, dance and doing things that make you feel good.

Being able to express yourself is not about being the best at something or putting on a performance for others.

It is about finding a way to show how you are feeling that can help you feel good about yourself .

What way would you like to express yourself tomorrow?

Write down your idea-



Monday

Tuesday

Wednesday

Thursday

Friday



Finding creative, enjoyable ways to share our thoughts, feelings and ideas can make us feel good and help our mental health, especially when we face tough situations or difficult times. It matters because when we feel good about ourselves, it can help our mental health and wellbeing.

How do you feel today?

How do you feel when you express yourself?

Write your answers in the thoughts bubbles.

