

Gratitude Journal

I'm Thankful For...

Write down 5 things you are thankful for

-
-
-
-
-

Today was...

Choose something about today that made you happy.

Draw it!

Draw something silly you are thankful for.

Sending Love

List 3 people you are thankful for.

-
-
-

I Love Me!

List 3 things you love about yourself.

1.

2.

3.

POSITIVE SELF-TALK JOURNAL

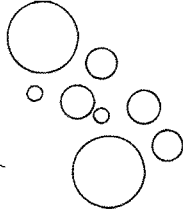


I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...

Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.

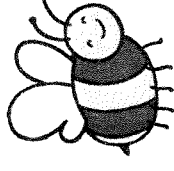


Brain Break Breathing

Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

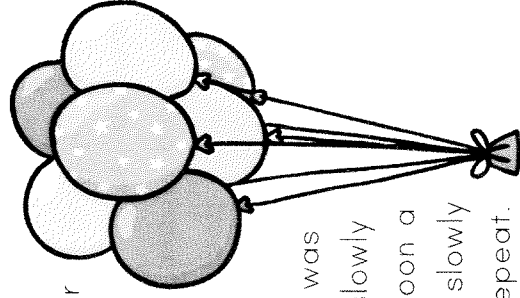
Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

Balloon Breaths

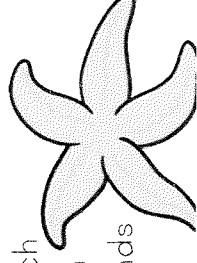
Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Brain Break Breathing

Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.

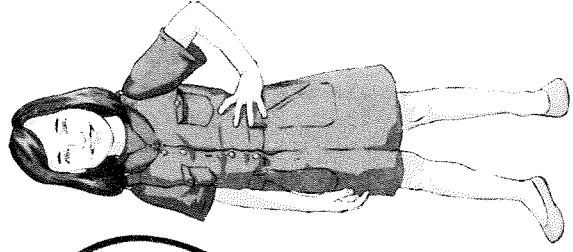
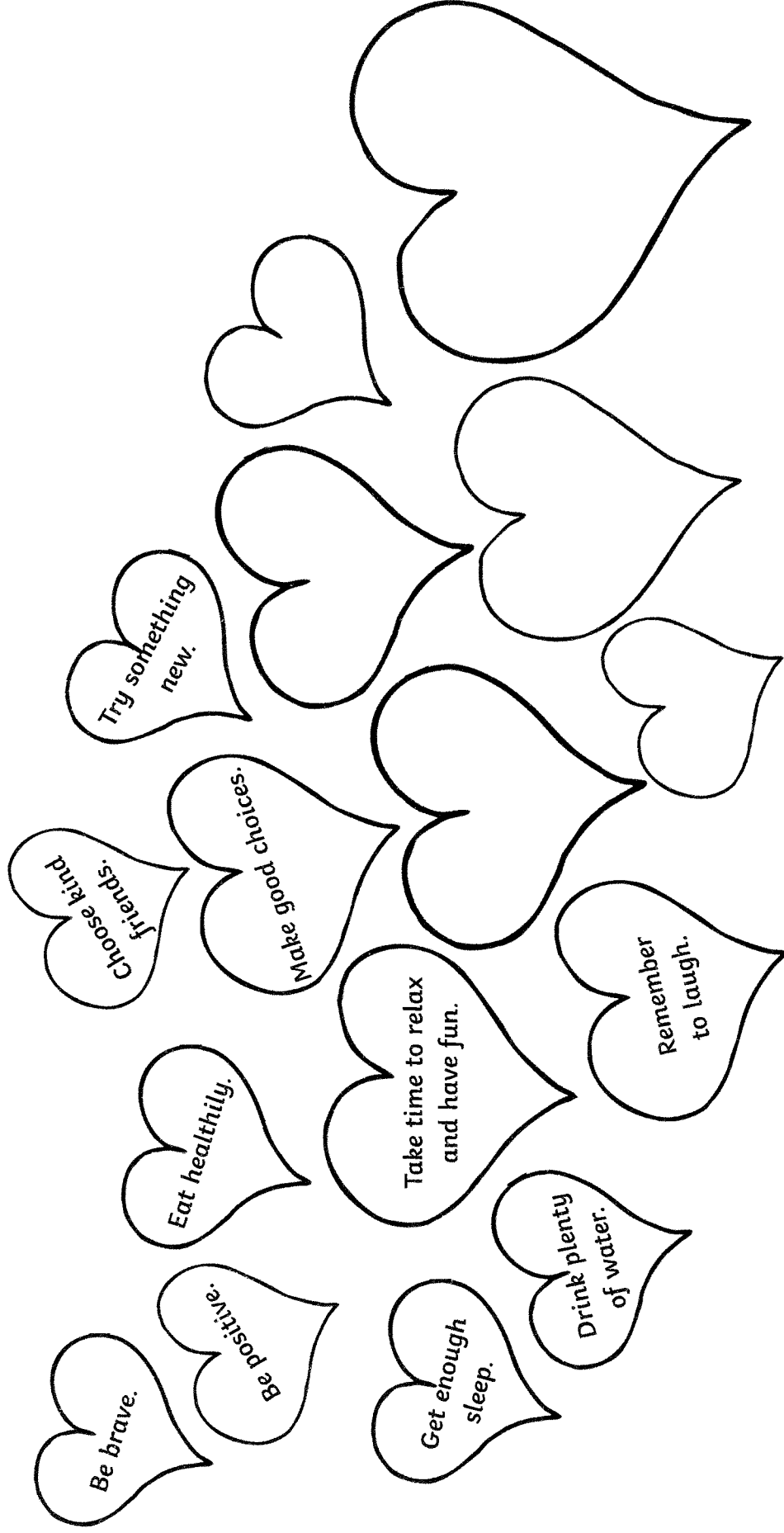


How Can You Be Kind to Yourself?

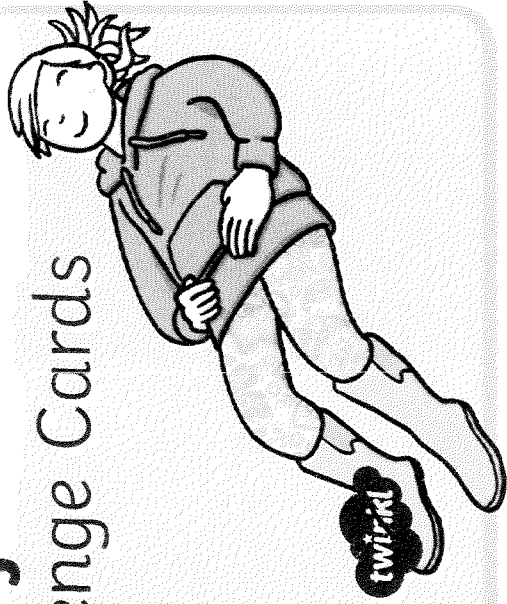
We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off.

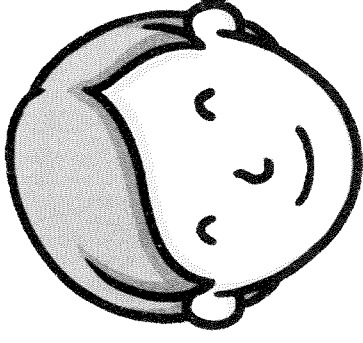
Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



Mindfulness Challenge Cards

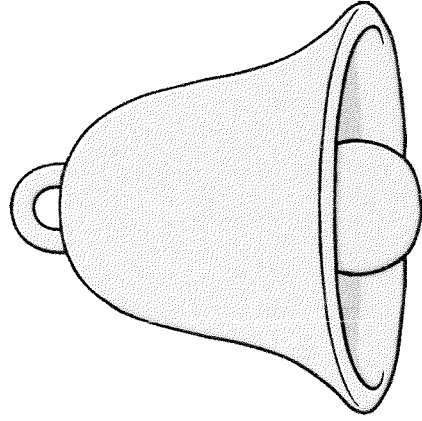


Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



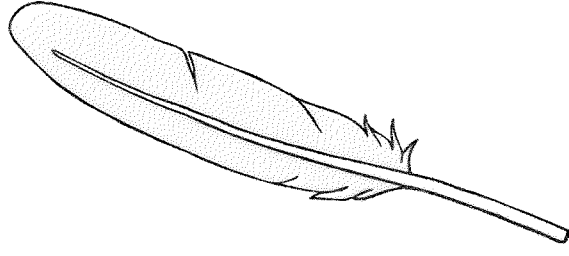
Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



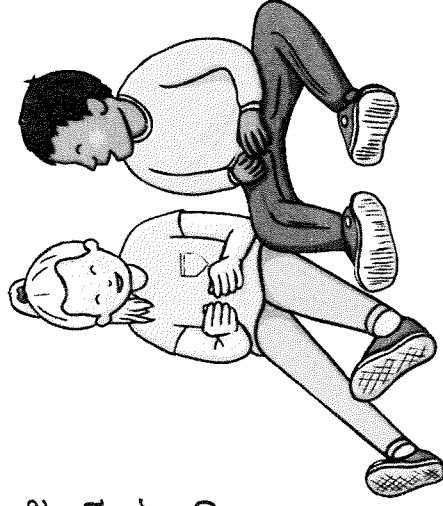
Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



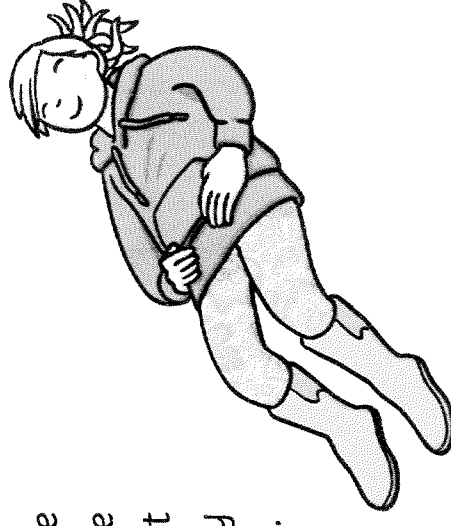
Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



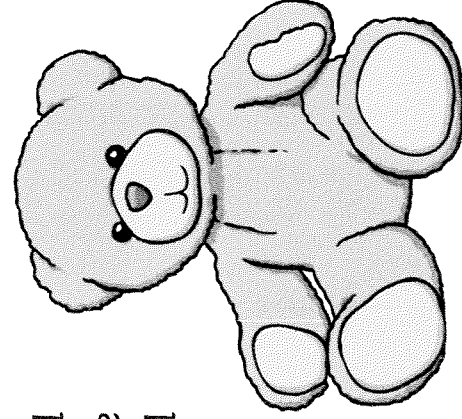
Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.

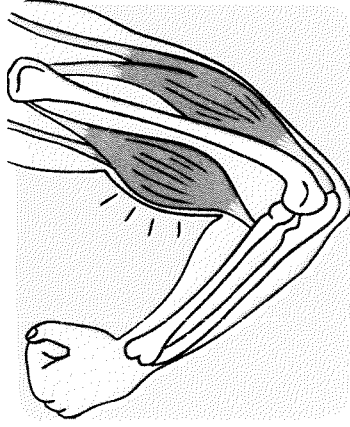


Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



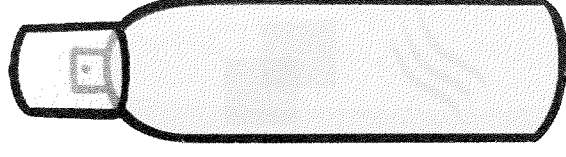
Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.



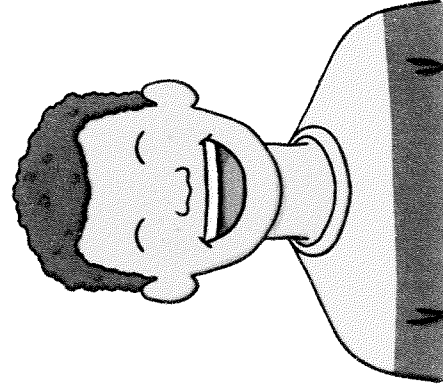
Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.

Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



At the same time of every day, think of one thing to be thankful for.



When you are eating, slow the process right down and try to activate all your senses. Look carefully at your food before you eat it.

What does it look like? Bring it closer so you can smell it. What does it smell like?

As you place it in your mouth, be aware of the texture of the food and how it feels.

What does it taste like? Does the taste come in successive waves or all at once? Can you recognise the individual ingredients?

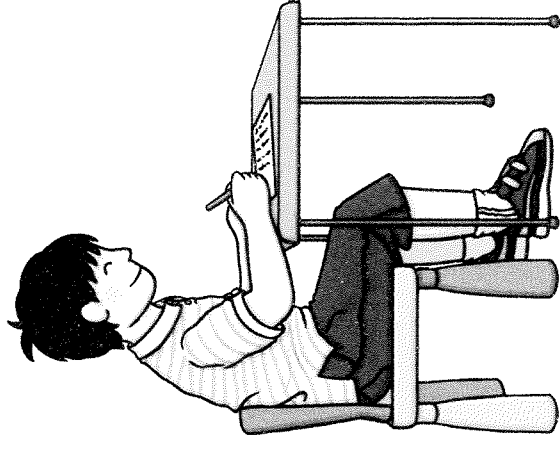
Take a walk and concentrate on the act of walking.
What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/foot?



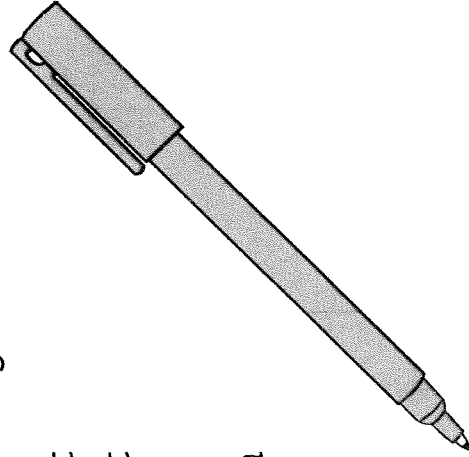
Try hot writing – choose a short period of time such as one minute and try to keep your pen or pencil moving for the entire time.



Choose a subject to focus your thoughts or simply write about whatever arises in your mind.

If you can't think of what to write then write 'I can't think of what to write...'

Do whatever you need to in order to keep writing.



Listen really carefully to what someone else is saying.

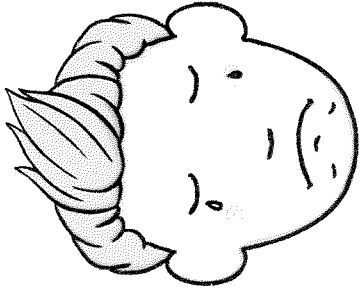
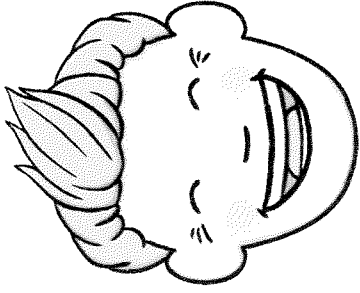
Stop doing anything else and give them your complete attention.

If you think of things you wish to say, let the speaker finish before you add your thoughts.



Take a moment to think about how you are feeling.
Which words would describe how you are feeling?

Can you trace back the origins of those feelings?



Positivity Jar

This jar can be filled with positive words, comments or affirmations. The purpose of the jar is to use it whenever you are feeling sad and need to remember all the positive things about you.

There are a number of slips that have already been made for you, so you can put these in your jar. However, please try and think of all the positives about yourself and complete some of the blank slips below.

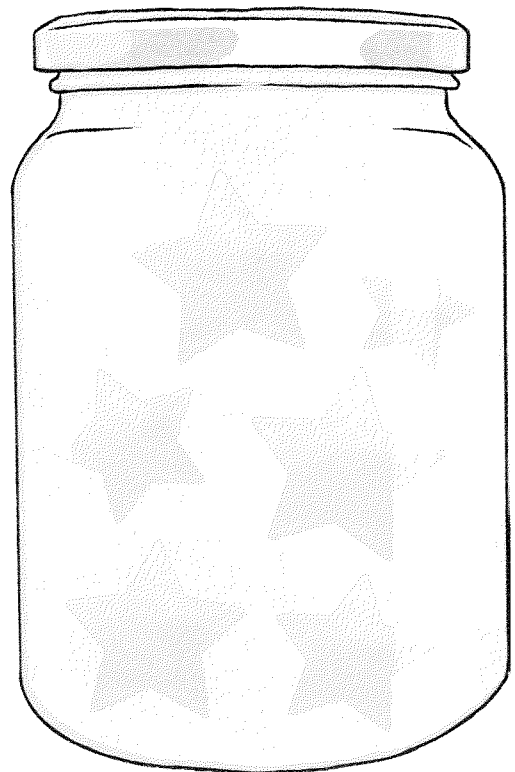
You can use a jam jar, coffee jar or a large glass storage jar. Feel free to decorate the jar however you wish. You could wrap the jar, use paints, and add accessories to it such as ribbon, stickers and pom poms.

The jar needs to be personal to you and make you feel happy when you look at it. Take your time decorating your jar and then decide what slips you are going to put in.

The adult you are with may have some positive slips that they want to complete about you as well. These can all be added to your jar.

Once you have completed your jar try to look at your jar every day for a few minutes and remember how special and positive you are as a person.

You could even give a jar to a special person. The jar could have all the positive, special qualities that you love about them. Just reading the positive comments will help them to feel more positive.



I am
magnificent!

I am a
great friend.

I can forgive.

I am loyal.

I am brave!

I can be who I
want to be.

I am talented.

I am
good listener.

I am funny!

I can and I will.

I am
courageous.

I am a
good friend

I can be
anything I
want to be.

I am
confident.

I am awesome!

I am in control
of my own
behaviour.

I am kind

Today I will be...

a good friend

helpful

amazing

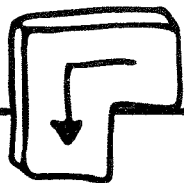
kind

brave

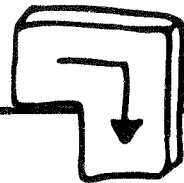
strong

caring

happy

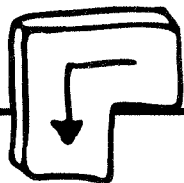


THREE THINGS I AM GRATEFUL FOR TODAY

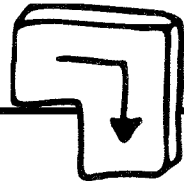


Today's date _____

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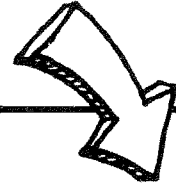
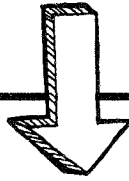
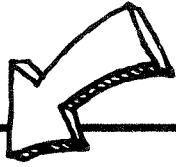
THREE THINGS I AM GRATEFUL FOR TODAY



Today's date _____

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THESE THREE THINGS MADE MY DAY....



Empty box for writing the first thing that made the day special.

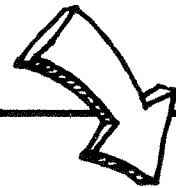
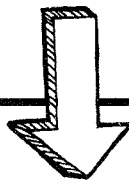
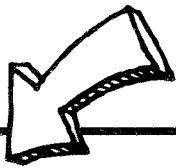
Empty box for writing the second thing that made the day special.

Empty box for writing the third thing that made the day special.

Today's date _____

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THESE THREE THINGS MADE MY DAY....



Empty box for writing the first thing that made the day special.

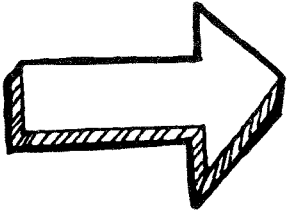
Empty box for writing the second thing that made the day special.

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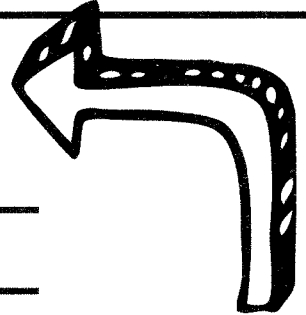
Today's date _____

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THE BEST THING ABOUT TODAY IS....



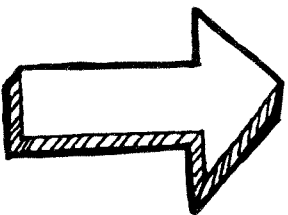
THIS IS GREAT NEWS BECAUSE...



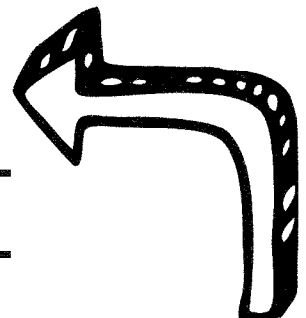
Today's date

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THE BEST THING ABOUT TODAY IS....



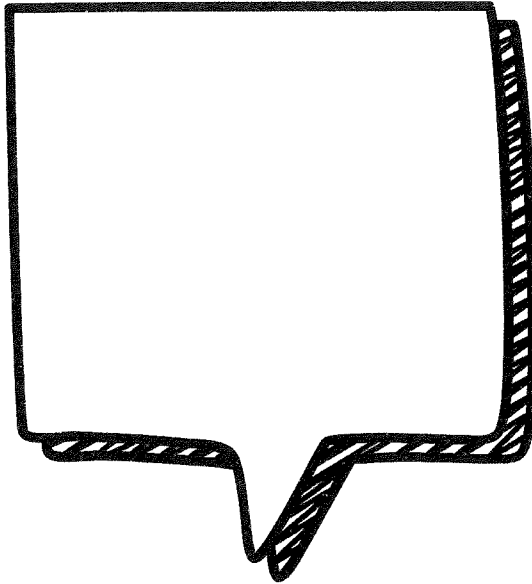
THIS IS GREAT NEWS BECAUSE...



Today's date

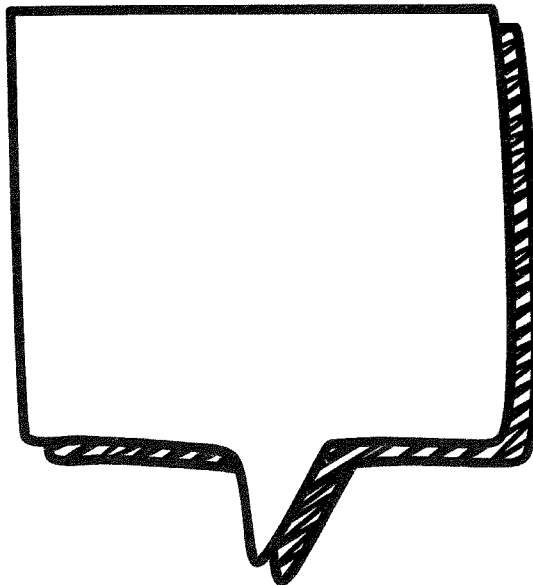
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Three things I am grateful for today



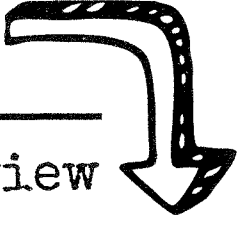
Today's date _____

Three things I am grateful for today

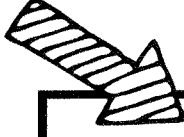
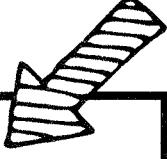
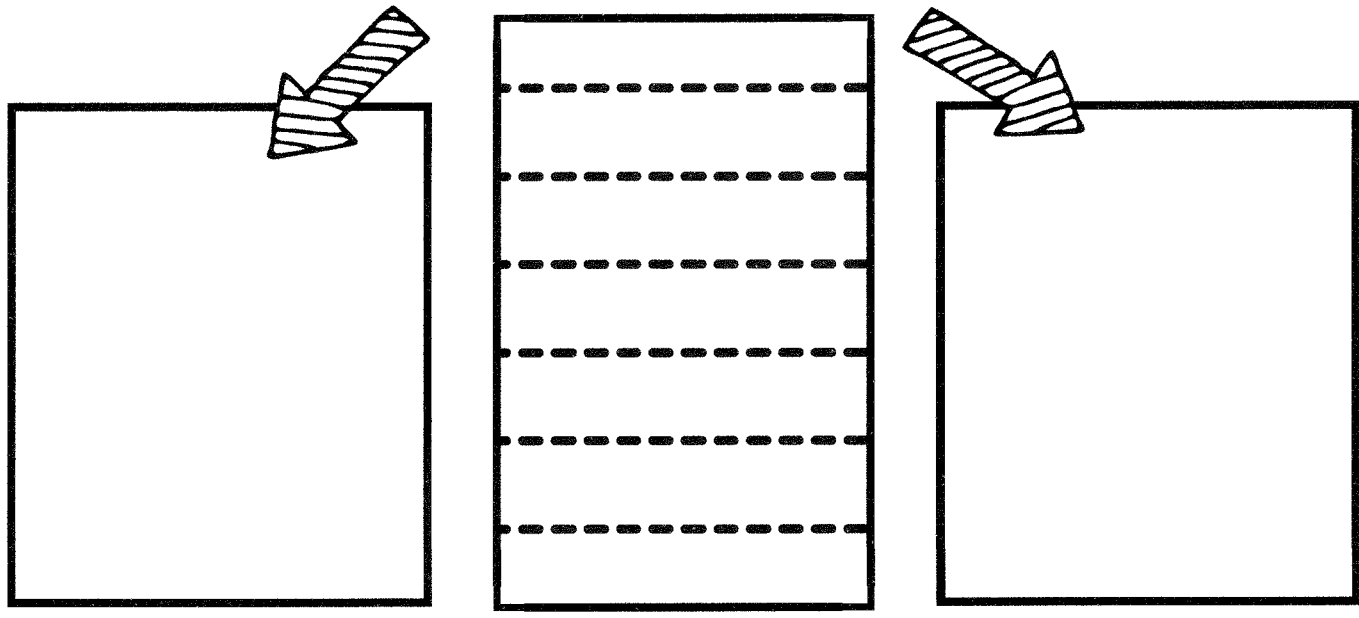


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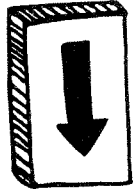
the month in review



Three important things that happened this month...

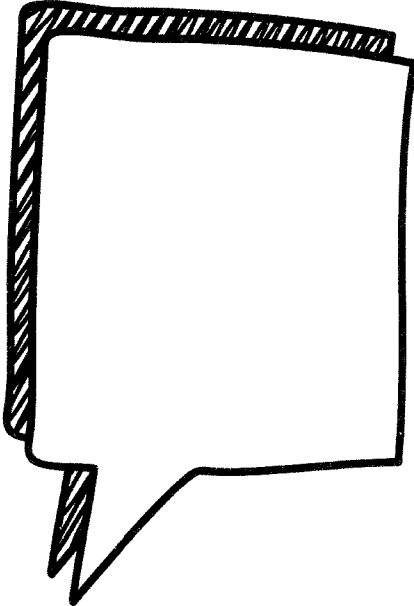
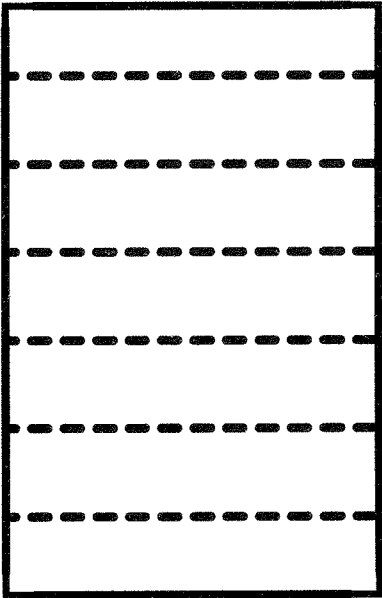
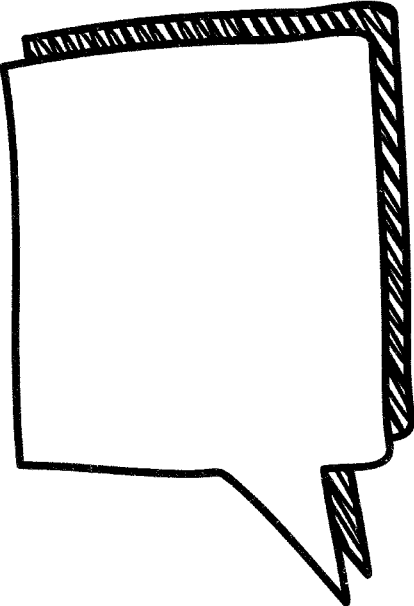


The thing that I am the most grateful for this month...

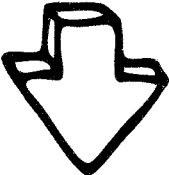


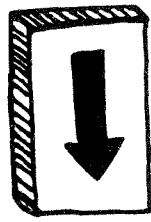
the month in review

Three important things that happened this month...



The thing that I am the most grateful for this month...





THIS WEEK....

There is something good in everyday...

Monday....

Tuesday....

Wednesday....

Thursday....

Friday....

Saturday....

Sunday....