

# 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 friends by making a video. 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

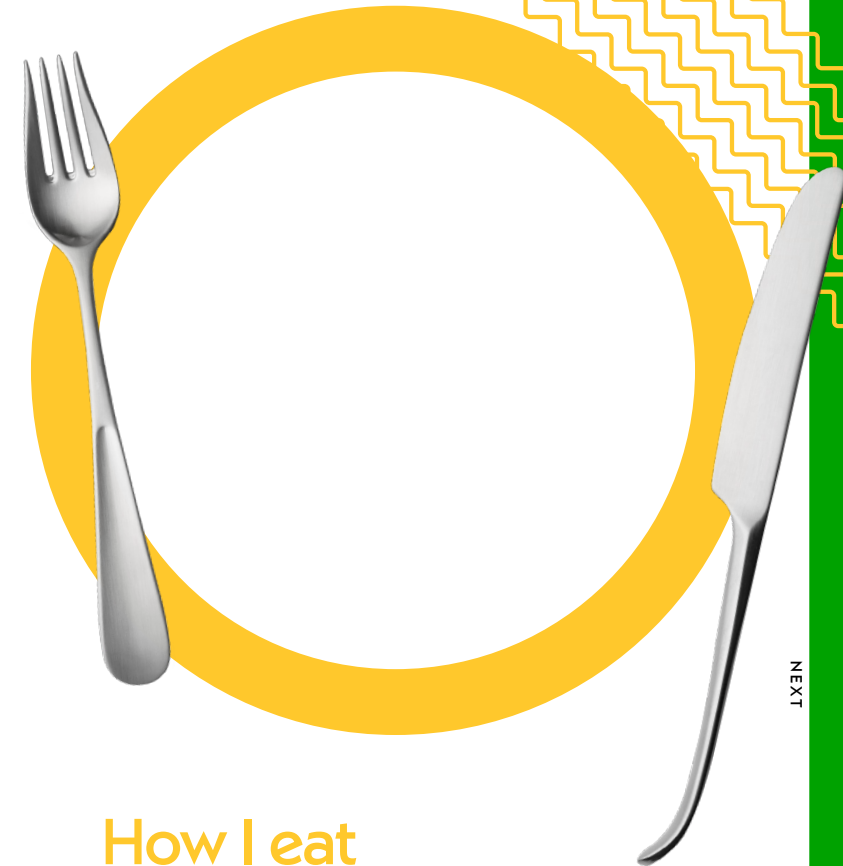
## How I sleep

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](#)



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 current situation differently.



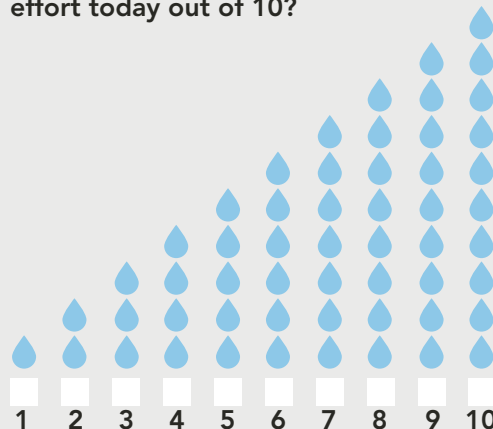
Write down a different thought that could improve your emotions (how you feel) or behaviours (what you do).

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.

Here are some common facts relating to your sleep. Can you identify which are true and which are false by ticking the boxes below?

Young people who get enough sleep are more likely to do well academically at school.

☐ True ☐ False

Sunlight during the daytime disturbs the quality of our sleep.

☐ True ☐ False

The ideal temperature for a good night's sleep is room temperature (20-22 C).

☐ True ☐ False

Using phones, iPads or other digital or electrical devices in the bedroom will interfere with our ability to fall asleep.

☐ True ☐ False

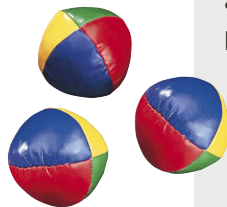
HOW I SLEEP

NEXT

BACK

## 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 family members by completing three tasks that use your muscles – carrying shopping bags, mowing the garden, 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

										Z
									Z	Z
								Z	Z	Z
							Z	Z	Z	Z
						Z	Z	Z	Z	Z
					Z	Z	Z	Z	Z	Z
				Z	Z	Z	Z	Z	Z	Z
			Z	Z	Z	Z	Z	Z	Z	Z
		Z	Z	Z	Z	Z	Z	Z	Z	Z
	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z
Z	Z	Z	Z	Z	Z	Z	Z	Z	Z	Z
1	2	3	4	5	6	7	8	9	10	



## How I eat

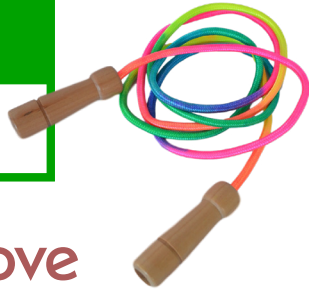
Invent a delicious smoothie using your rainbow foods as a guide to keep your body healthy. Write down your ingredients and share with friends to give them a boost!

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 to play games in? E.g. football, skipping, stuck in the mud with parents or siblings.

Here are some exercise facts. Can you identify which are true and which are false by ticking the boxes below?

Ballet improves football skills.

☐ True ☐ False

Regular exercise cuts your risk of depression.

☐ True ☐ False

Exercising outside has no more benefits than exercising inside.

☐ True ☐ False

Hopping makes your bones stronger.

☐ True ☐ False

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:

NEXT

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

HOW I SLEEP

## 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

# My Weekly Record Sheets

BACK

NEXT



## How I eat

Water is important to help keep our bodies working properly. It helps with our concentration, energy and prevents us getting headaches. Remember to drink more water when you are more active and first thing in the morning.



















































Which ways can you explore to make your water more interesting? Which fun ingredients can you add for flavour? Do you notice any difference to how you feel when you manage to drink your 7 glasses for the day?

### Did you know...

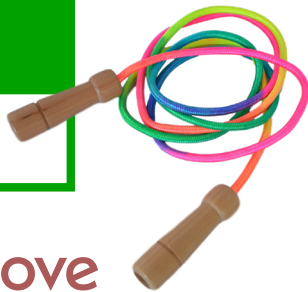
Up to 65% of the human body is made up of water.



The recommended daily amount of water your body needs each day is 7 glasses (1.5 litres) for 9 to 12 year olds. How many glasses of water can you drink each day this week? Colour in the empty glasses below each time you take a drink.

Day	Glasses of water drunk
	      
	      
	      
	      
	      
	      
	      
 Total number of glasses of water I drank this week:	





## How I move

Moving is essential to our health. Not only can exercise keep us fit and boost our immune system, it helps us to feel happy and positive. Aim for one hour of physical activity each day that gets you breathless. Try to include exercises that involve impact (like running, jumping, skipping).

What new ways did you come up with to be more active? Aim for different movements to make this fun. Can you share your ideas with friends? Try to move regularly throughout the day – not sitting still for longer than an hour at a time.

### Did you know...

Yoga is good for stress relief, as well as strength, balance and flexibility.



Complete this exercise chart for a whole week. How many minutes of physical activity did you do each day this week? Are you working all your muscle groups with different types of activities?



Day	Type of activity	Start time	Finish time	Total time of activity

Total time exercised this week:

## How I feel

How we feel has an effect on our mood, our thoughts, our bodies and our behaviours. It is important to recognise our emotions and when / why they are happening. There are things you can do to lift your emotions to more positive ones. Exercise and sleep make a big difference to how we feel.

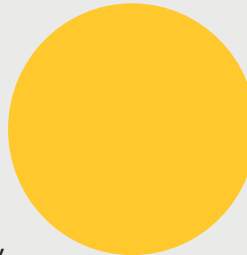

What changed when you felt better compared to when you weren't feeling as good? What did you do to lift your emotions to more positive ones?

### Did you know...

Laughter can improve your memory because it reduces the stress hormone cortisol which can limit our brain power.



Take time this week to think about your emotional wellbeing. Draw a new emoji each day expressing how you are feeling and tell us your reasons for feeling that way.

			
Day	Day	Day	Day
Today I felt...	Today I felt...	Today I felt...	Today I felt...
			
Day	Day	Day	
Today I felt...	Today I felt...	Today I felt...	This week I mainly felt...

## How I sleep

Sleep is vital for our overall wellbeing, on average we should sleep for over a third of our lifetime! It helps with growth, brain function and mood and you should aim for 10-11 hours of sleep every night.


Think about the quality of your sleep and ways you could improve this. Was there a reason you didn't sleep as well as you could have? Are there things you could do like reading, turning off screens earlier, relaxation exercises or writing down your thoughts or 'to do' list on a notepad next to your bed?

### Did you know...

Good sleep can help us grow and become stronger as it increases the release of important growth hormones.



Complete this sleep diary for a whole week. How many hours of sleep did you get this week?  
How can you improve on the quality of your sleep for next week?

Day	Time I went to bed	Time I woke up	Total hours slept
			<b>Total hours slept this week:</b>