



# My BRILLIANT



## PLACE



TO BE



# ME



A wellbeing journal for young people  
created by Headstart and Cornwall Council

**MY BRILLIANT PLACE TO BE ME** has been  
created for the young people of Cornwall by...



**CORNWALL  
COUNCIL**  
one and all • onen hag oll

Together   
for Families



# INFORMATION FOR GROWN UPS

## DEAR PARENTS AND CARERS,

Welcome to **MY BRILLIANT place to be ME!** - a journal designed to help 8-11 year olds explore simple ways to explore and nurture their wellbeing.

**MY BRILLIANT place to be ME!** has been created by Cornwall Council, with help from primary schools in Cornwall.

**One of Cornwall Council's four priorities is that 'Cornwall is a brilliant place to be a child and grow up'.**

"We all want Cornwall to be a place where all children and young people are physically and mentally healthy, feel safe and have a sense of belonging in their schools and communities - which can help remove barriers to education and allow more children to enjoy, learn and achieve."

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## USING THE JOURNAL

**MY BRILLIANT place to be ME!** is full of activities and information designed to help children:

- Become more aware of their emotions, and recognise and name their feelings
- Understand that all feelings are OK
- Become better able to manage uncomfortable feelings with simple self-soothing strategies and by seeking help
- Identifying the people in their lives who can help them if needed.

The journal is designed to be used in whichever way your child likes! They can start at the beginning and work through to the end, or dip in and out, doing the activity that they find most interesting or helpful at any given time.

The activities are not in any particular order, but each one has been created to link into at least one of these key wellbeing themes:

- **All about me** - Activities designed to help children become aware of their uniqueness, strengths, and interests, to improve self-esteem, explore who they are and their place in their world and support them to develop healthy relationships.
- **Name it to tame it** - Activities to help children name, understand and manage their feelings, which helps to improve their self-awareness and emotional resilience.
- **I've got this** - Learning about the basics of self-care (sleep, diet, activity) and simple skills and strategies to calm and manage uncomfortable feelings (breathing, grounding, simple distractions, problem solving) can help children become more resilient and confident, and feel able to ask for help when they need it.

## LANGUAGE MATTERS.

**We are not our feelings.** We are not angry or scared. **We are feeling angry or feeling scared.**

Being around adults who model positive coping strategies is very helpful for a child's wellbeing.



## MORE INFORMATION

All the individual activity sheets (and many other resources) are available to download and print, for free on our website.



Visit **headstartkernow.org.uk/brilliant-me-journal** or scan the QR code above.

You'll also find more information about supporting your child, and links to organisations that can provide advice and support.

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## KEY MESSAGES

- Everyone has feelings.
- Feelings are simply feelings.
- There are no 'good' or 'bad' or 'right' or 'wrong' feelings.
- Imagine them like visitors that come and go.
- All our feelings are helpful. They can tell us important things and help us know what we need.
- It's OK to feel all our feelings (we need to be careful of how we behave when feeling, e.g., Anger: It's OK to feel angry but it's not OK to hurt someone or break things).
- Sometimes what we are feeling feels uncomfortable.
- When we recognise and name our feelings, we can understand what's happening and find ways to manage when we feel uncomfortable.
- We can feel our feelings in our bodies. These are physical feelings like 'butterflies in our tummy'...

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**MY BRILLIANT place to be ME!** is all about finding out about our feelings and ways to manage when what we feel isn't so good.

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# ChatHealth

Cornwall and the Isles of Scilly

[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

**A new messaging service has been launched across Cornwall and the Isles of Scilly linking young people and families with health visitors and school nurses.**

**ChatHealth offers a quick and easy way to access health advice and support for both parents/carers and young people**, on any health or wellbeing concerns. Send a message via ChatHealth (anonymously if you like) to our Health Visiting and School Nursing teams to get confidential help and advice about a range of health matters.

**ChatHealth is available Monday to Friday** (excluding bank holidays) **from 9am to 5pm**. When you send a message to any of the ChatHealth numbers, you'll get an automated reply to let you know your message has been received. A trained healthcare professional will reply to you during office hours, and within 48 hrs.

**ChatHealth  
Parent Line 0-5**



**07312 263 423**

**ChatHealth  
Parent Line 5-19**



**07312 263 499**

**ChatHealth Young  
People 11-19**



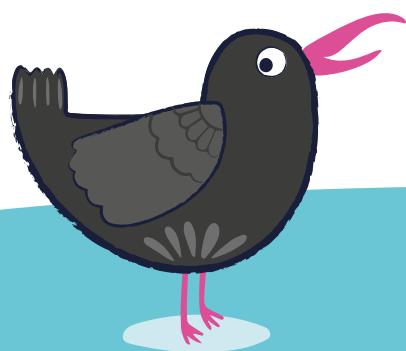
**07312 263 096**

Alternatively, you can contact the service via the advice line:

t. 01872 324261

e. [hvsnadvise@cornwall.gov.uk](mailto:hvsnadvise@cornwall.gov.uk)

Get  
confidential  
health and  
wellbeing advice  
and support



**Please note that ChatHealth is not an emergency service.**  
If you need urgent health advice, please go to an NHS walk-in centre or call NHS 111. In an emergency, dial 999 or go to A&E.

# WELCOME!

 HELLO! AHoy! DYDH DA!



**MY BRILLIANT PLACE TO BE ME!**  
is all about helping **YOU** feel **GOOD!**

It's been made especially for children and young people in Cornwall and has a Cornish seaside theme.

**WHY?** Because we want Cornwall to be a brilliant place for you to grow up. A place where you belong, feel safe and can be and do all the things you want to.

Inside **MY BRILLIANT PLACE TO BE ME!** you'll find lots of ideas and activities to help you understand your feelings better, as well as ways to look after your wellbeing. **ENJOY!**

**PSST!**

You can find more ideas about looking after your wellbeing online...



# ALL ABOUT ME

MY NAME IS...

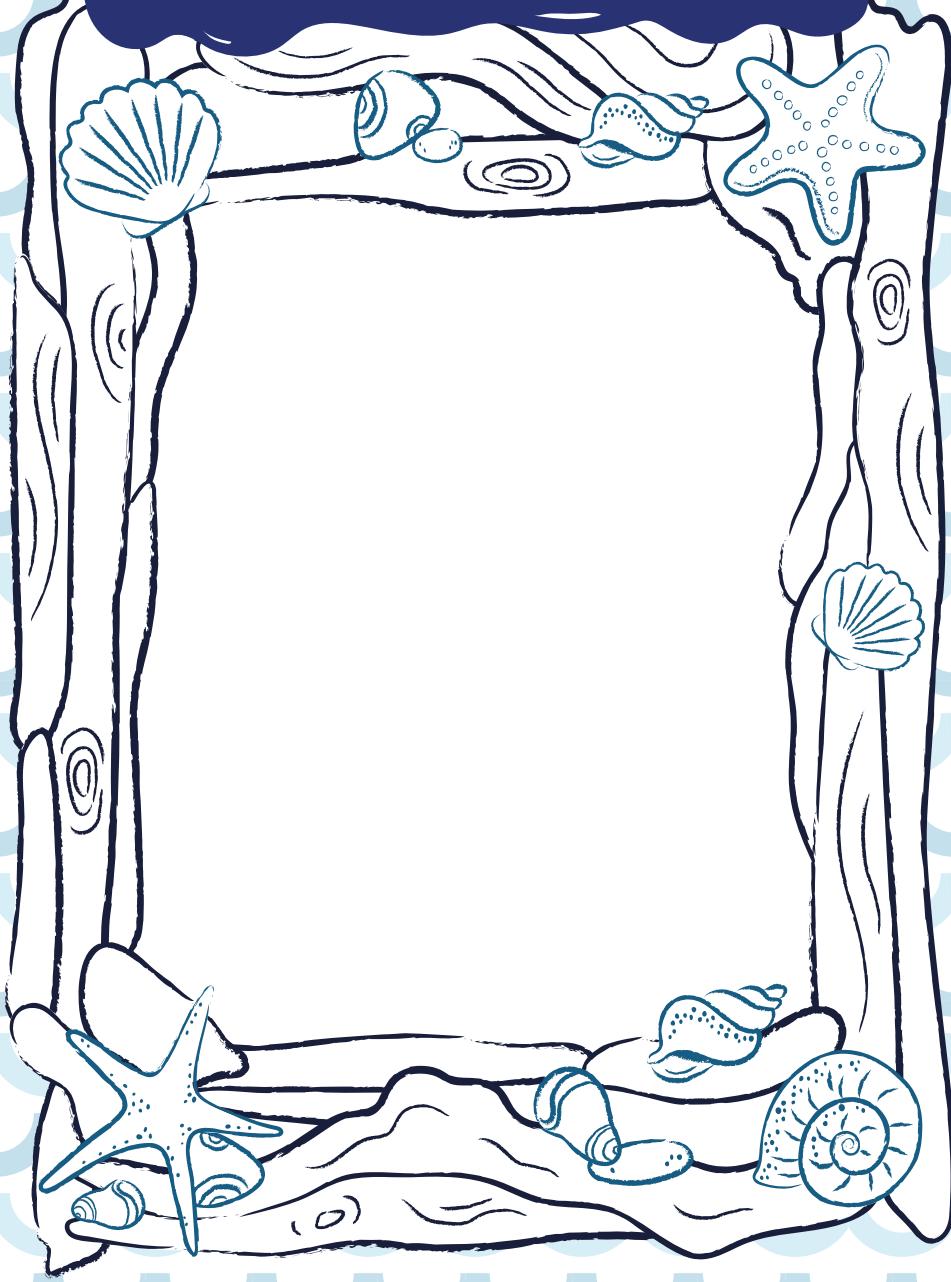
AGE...

I LIKE...

I DON'T LIKE...

A FUN FACT ABOUT ME IS...

# MY SELF PORTRAIT



# 3 GOOD THINGS

1

2

3

Today is...

DAY/DATE

# 5 WAYS TO WELLBEING

The 5 Ways to Wellbeing can help you remember how to look after your emotional wellbeing...

## TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

## CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club.

## GET MOVING

Moving makes you feel good! It's even better if you get moving outdoors... the main thing is that it's an activity you ENJOY!

## GIVE

Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

## FIND TIME FOR YOU!

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

You can do these simple things every day to help you feel happier and more positive



# My WELLBEING CHATTER Box

☒ Cut around the solid black line



☒ Cut around the solid black line

## HOW TO MAKE YOUR CHATTER BOX...

- 1) Rip this page out of your journal and carefully cut out your chatter box
- 2) With the back side up, fold from corner to corner, making a triangle
- 3) Open the paper (back side up still) and fold from corner to corner in the opposite direction
- 4) Unfold the paper - you should have a big X creased into it
- 5) Fold one corner to the middle of the X
- 6) Repeat with the other 3 corners
- 7) Fold and unfold the square horizontally, then do the same vertically
- 8) Turn it over and slide your fingers under the flaps and push the outer corners to the middle
- 9) You're ready to play!

COLOUR IN...



# SELF CARE

# LIFE- RING

WHAT CAN HELP YOU LOOK AFTER YOUR WELLBEING?

SPENDING  
TIME WITH  
FRIENDS?

DRINKING  
ENOUGH  
WATER?

HUGS WITH A  
PERSON OR  
PET YOU LOVE?

PLAYING OR  
JUST BEING  
OUTSIDE?

Tick the ones  
that feel right for  
you, and write  
your own in the  
blank spaces

## MORE IDEAS...

- Do a breathing exercise (like Starfish breathing)
- Get moving! Run or dance
- Get plenty of sleep
- Listen to your favourite music - maybe sing along?
- Eat (mostly) healthy food
- Talk about your feelings with someone you trust

# STARFISH BREATHING

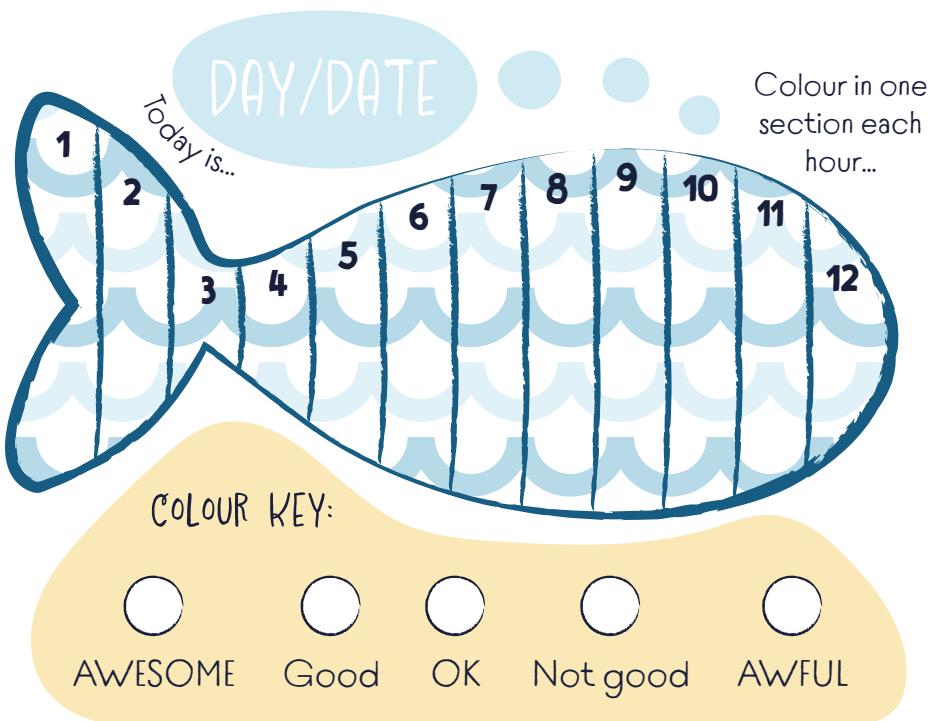


Start by placing your finger on an 'inhale' and breathe in.

Then trace your finger around the starfish, holding your breath when you get to each point, and then breathing out on every 'exhale' and in on every 'inhale'.

Go around the starfish 2 or 3 times.

# 1 DAY MOOD TRACKER



MY FAVOURITE ACTIVITY  
TODAY WAS...

THE BEST THING I LEARNED  
TODAY WAS...



# MY BEST BITS...

I'M REALLY GOOD AT...

SOMETHING I'M PROUD OF...

I CAN...

A NICE THING SOMEONE SAID  
ABOUT ME...

SOMETHING KIND I DID RECENTLY...

# POSITIVE AFFIRMATIONS

Cut one out any time you need something to cheer you up... or give one to someone else to make them smile!

I'm unique - there's no-one in the whole world like me

I AM MY OWN SUPERHERO

I can be anything I want to be

I AM A GOOD FRIEND

Mistakes are OK - they help me learn

I'm an amazing person... I rock!

I AM BRAVE

ONE STEP AT A TIME

I am strong... I can do hard things

I'VE GOT THIS

I'm going to try my best... if I believe I can, I will

It's OK if I don't feel OK... I can ask for help

I AM GOOD ENOUGH

I BELONG



# MY WEATHER REPORT

Today is:

DATE

DAY

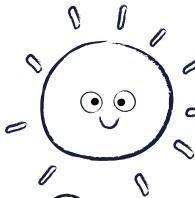
Colour me in!



LATELY,  
I'VE BEEN FEELING...

Happy • Worried • Optimistic  
• Sad • Excited • Disappointed  
• Bored • Angry • Content •  
Tired • Annoyed • Calm

Tick the boxes and/or colour in to show your personal weather report today (choose as many as you like)



Brilliant!



Good



Mixed but positive



OK-ish



Meh



Sad



Really sad

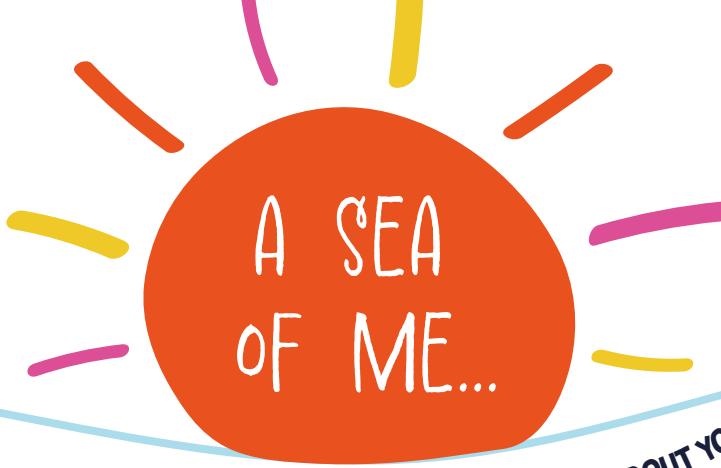


Sad, angry,  
frustrated



REALLY BAD!  
I need help!

SOMETHING I CAN DO TO FEEL  
(EVEN) BETTER IS...

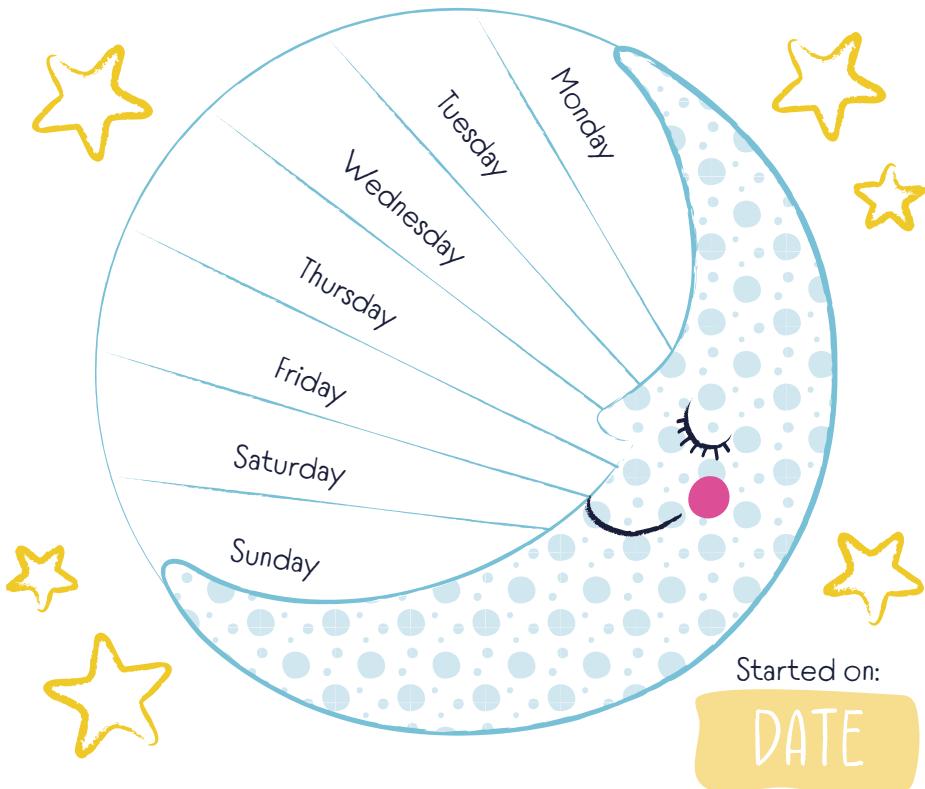


# A SEA OF ME...

Here you can write some of **YOUR FAVOURITE THINGS ABOUT YOU!**

You could ask family, friends or any of your favourite people to add their thoughts too

# 1 WEEK SLEEP TRACKER



## COLOUR KEY:



## TOP TIP

Try not to look at any screens (phones, computers, tablets, TV) for at least an hour before you go to bed... read a book or draw a picture instead :)

# NOTES & THOUGHTS

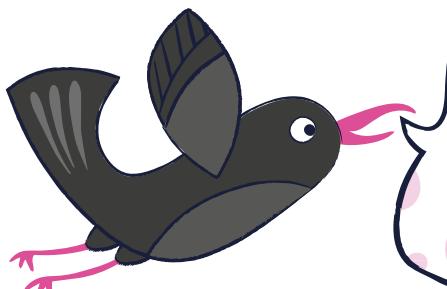
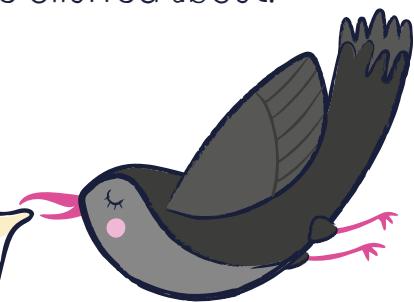


About 50 years ago Cornwall's last chough died, and no choughs lived here for many years afterwards. 'Operation Chough' (established in 1987) set out to bring them back. Now Cornwall is a brilliant place for choughs, with numbers increasing every year! Find out more at:

**[WWW.CHOUGH.ORG](http://WWW.CHOUGH.ORG)**

# FEELING CHOUGUED!

Feeling chuffed (happy) and grateful about the good things in your life? Let these Cornish choughs sing about the things you're chuffed about!



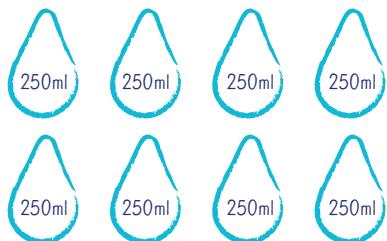
# BRILLIANT BASICS

Today is

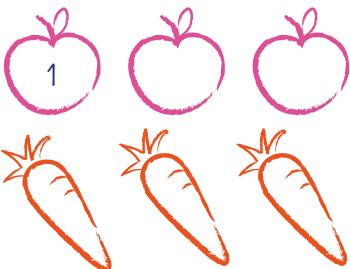
DAY/DATE

Colour in and keep track!

## WATER & JUICE TRACKER



## FRUIT & VEG TRACKER

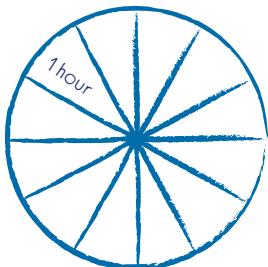


## EXERCISE TRACKER

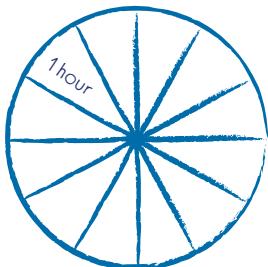
each dot = 5 mins activity



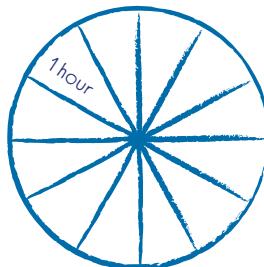
SCREEN-TIME  
(DEVICES & TV)



SCHOOL TIME  
(INC. HOMEWORK)



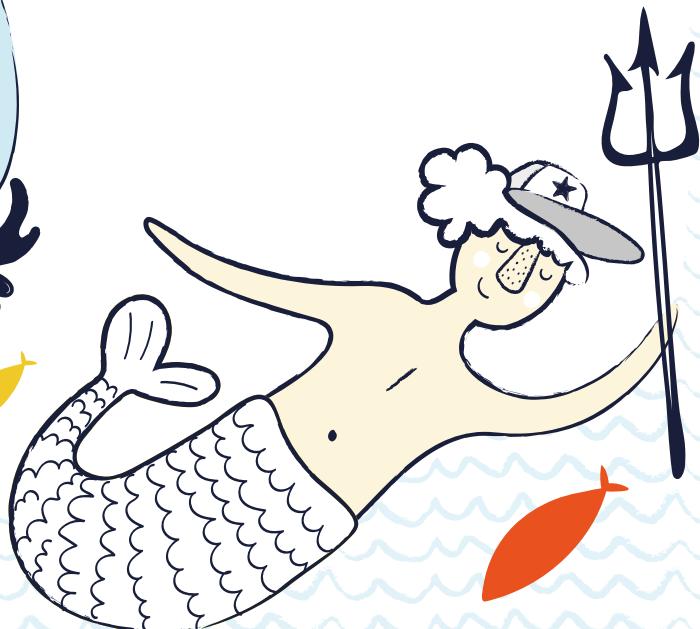
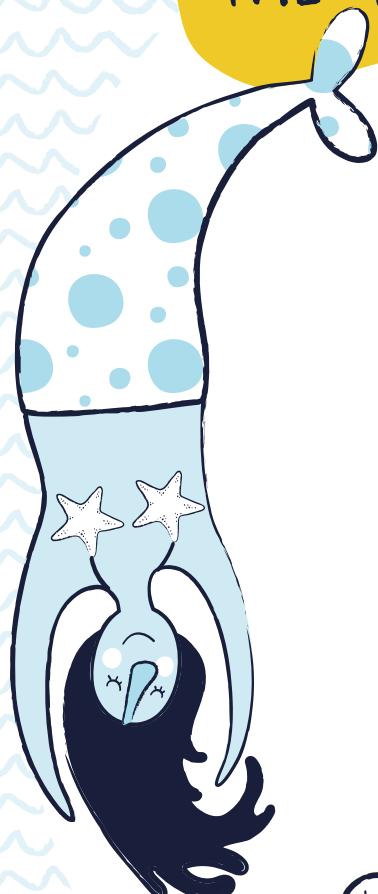
TIME WITH  
FAMILY & FRIENDS



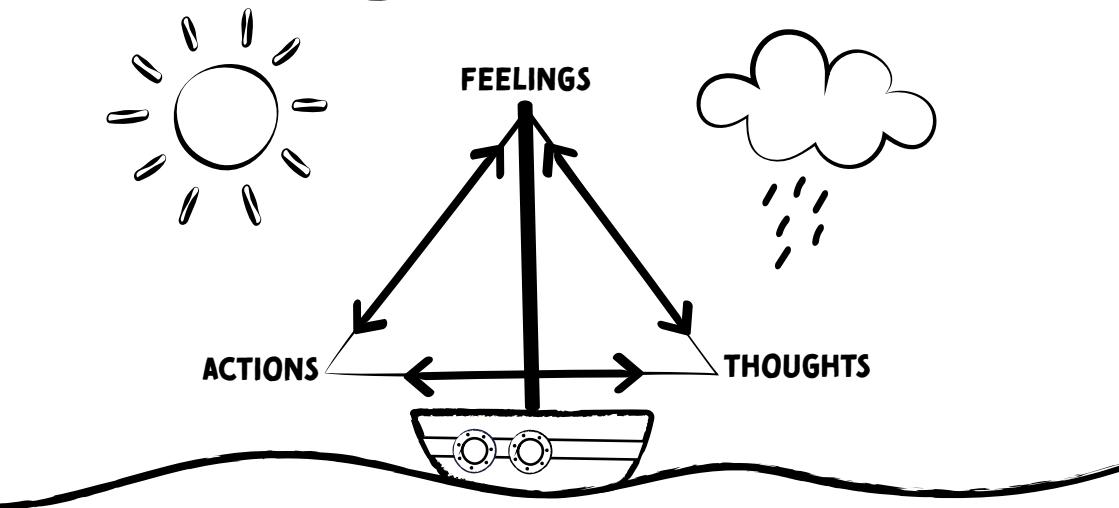
TOP TIP

The more drops, fruit & veg and exercise dots you can colour in, the healthier you will be!

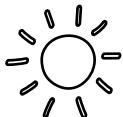
A THING THAT MAKES  
ME MAGIC IS...



# ‘ADJUSTING YOUR SAILS’



Our **THOUGHTS**, **FEELINGS** and **ACTIONS** are all connected, so they can affect each other and make our journey through life seem easier or harder.

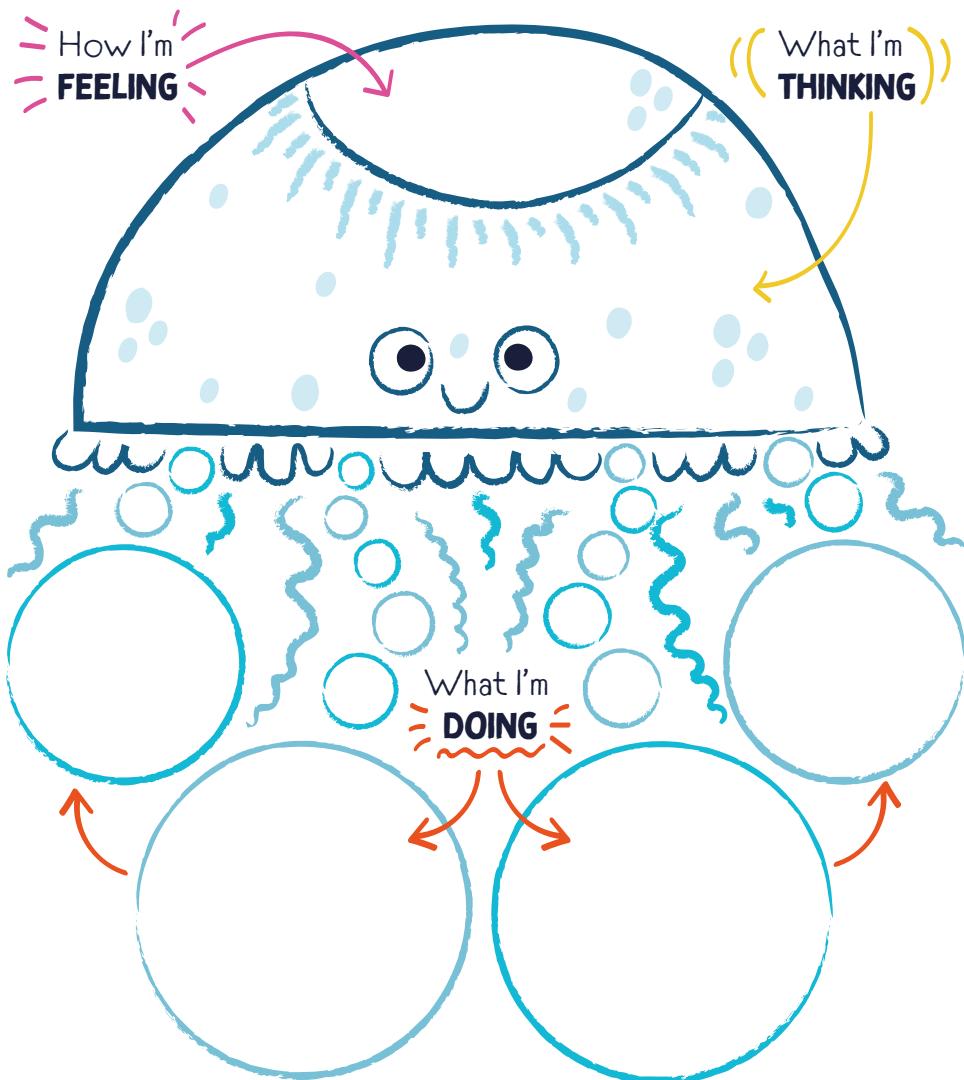
 **POSITIVE THOUGHTS** can help us feel more comfortable feelings and then our actions will be more positive too, making our journey seem easier!

 **NEGATIVE THOUGHTS** can cause uncomfortable feelings and we might not act in helpful ways, which can make our journey harder.

I CAN’T CONTROL THE WIND  
BUT I CAN ADJUST MY SAILS

# MY JELLYFISH BRAIN

Our **FEELINGS** and **THOUGHTS** can show up in the things we **DO**. Use the Jellyfish Brain to explore how your feelings and thoughts change how you act/what you do.



# FEELING CRABBY

We all have things that feel... not so good to us. Knowing what they are can help us work out what we can do to feel better...

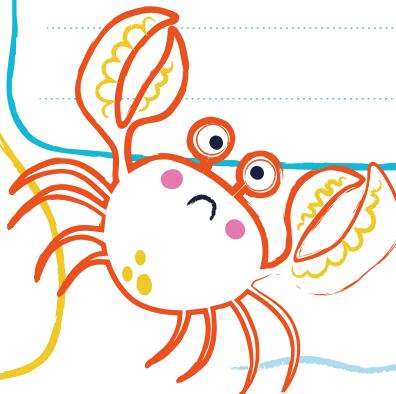
I DON'T LIKE...



SOME THINGS THAT  
HELP ME FEEL BETTER...

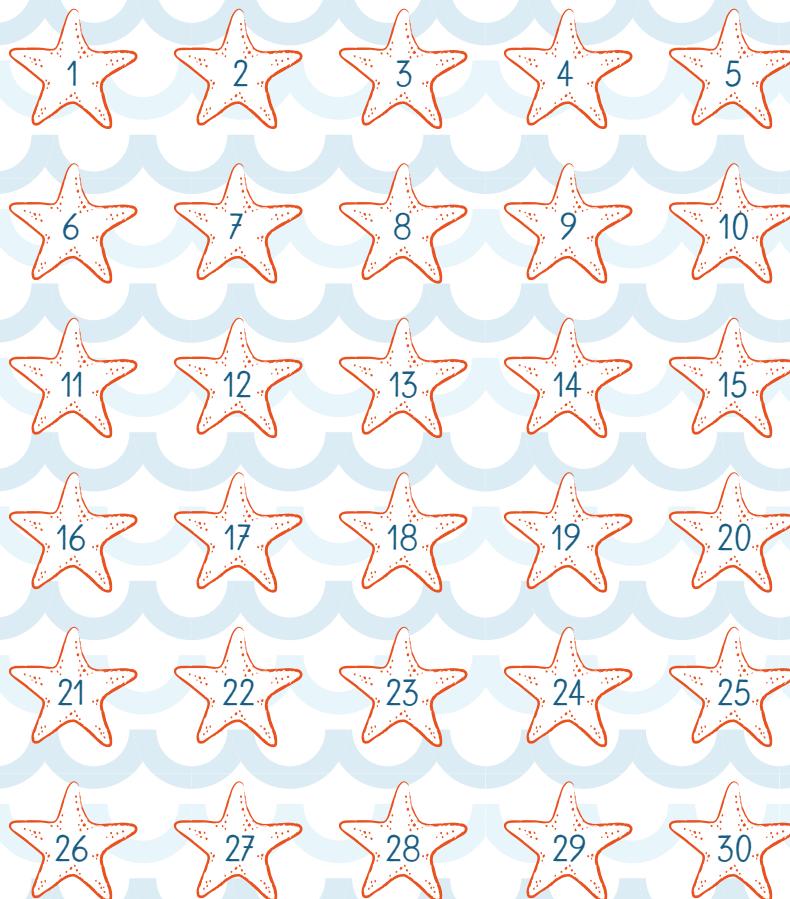
BECAUSE OF IT I FEEL...

<input type="radio"/> WORRIED	<input type="radio"/> ANGRY
<input type="radio"/> SCARED	<input type="radio"/> SAD
<input type="radio"/> EMBARASSED	<input type="radio"/> LONELY
<input type="radio"/> UNCOMFORTABLE	
<input type="radio"/> SOMETHING ELSE...	



# 1 MONTH MOOD TRACKER

Month:



COLOUR KEY:



AWESOME



Good



OK



Not good



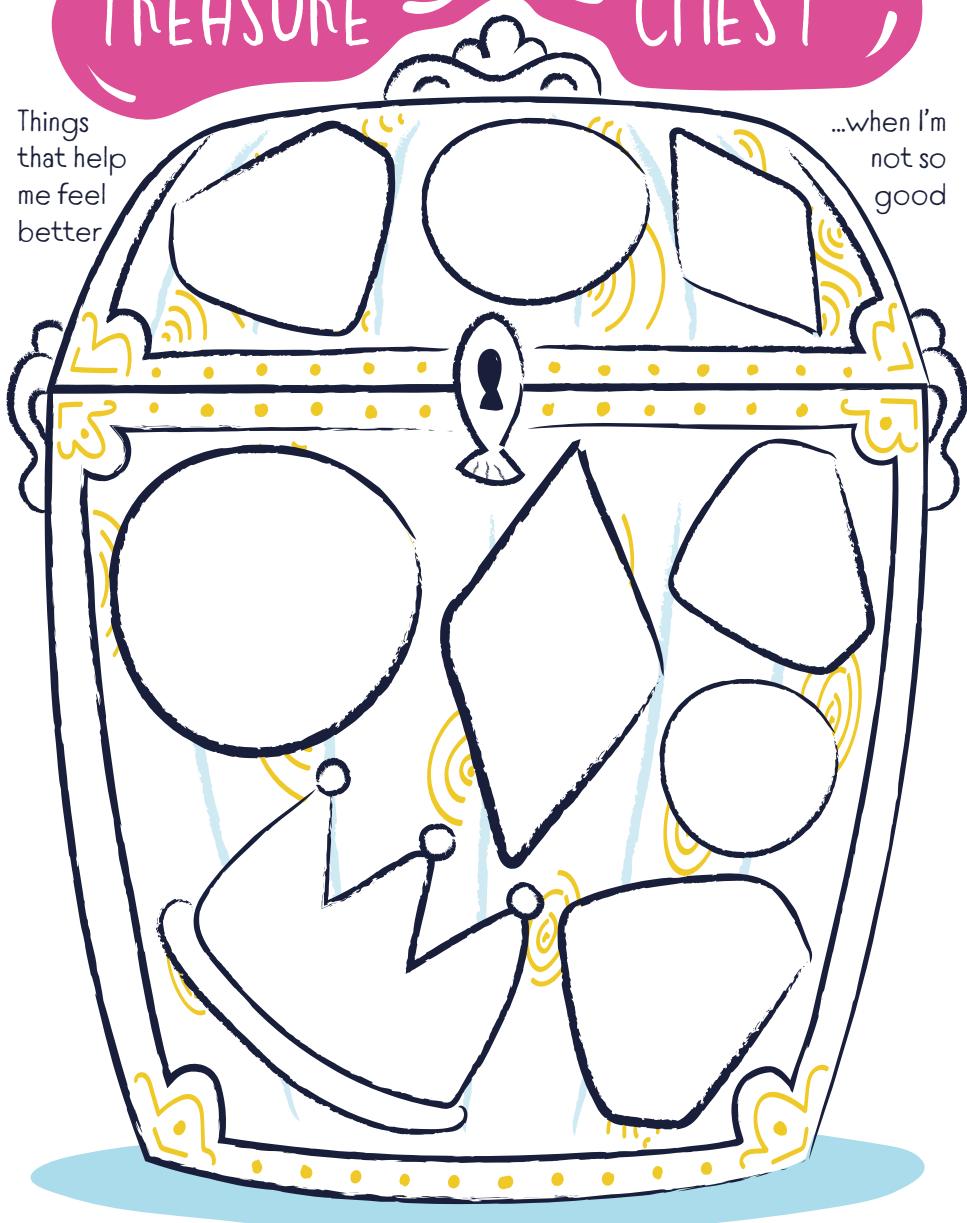
Awful

# SCRIBBLES & IDEAS

# 'MY SELF-SOOTHING TREASURE CHEST'

Things  
that  
help  
me feel  
better

...when I'm  
not so good



# MY GOALS & DREAMS MAP

**START HERE**

My goal or dream is...

Step two

Step one

Step four

Step three

**WELL DONE!**

Colour in when  
you've reached  
your goal!



# SELF CARE CHECKLIST

Use this checklist to keep track of your self care... add your own self care actions too, if you like!

# ALL ABOUT ME

FAVOURITE  
SENSES

My favourite sight is...

My favourite smell is...

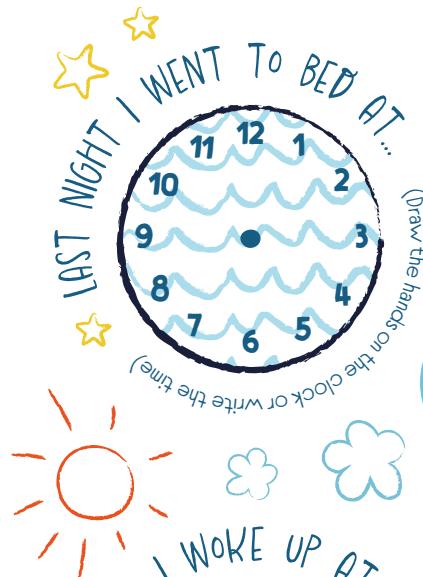
My favourite taste is...

My favourite touch is...

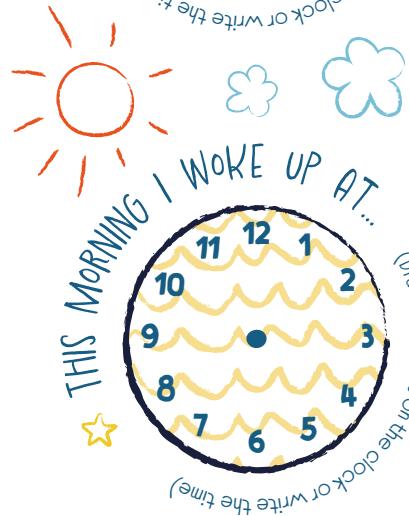
My favourite sound is...



# 1 NIGHT SLEEP TRACKER



I had (or wish I'd had) a dream about...



WHEN I WOKE UP I FELT...



RIGHT NOW I FEEL...



Tonight I think I need to sleep...



More



Less



About the same amount  
... as last night

DAY/DATE  
Today is...

# NOTES & THOUGHTS

Remember, it's OK to talk about anything that's on your mind, even if seems awful or small, with your trusted adults

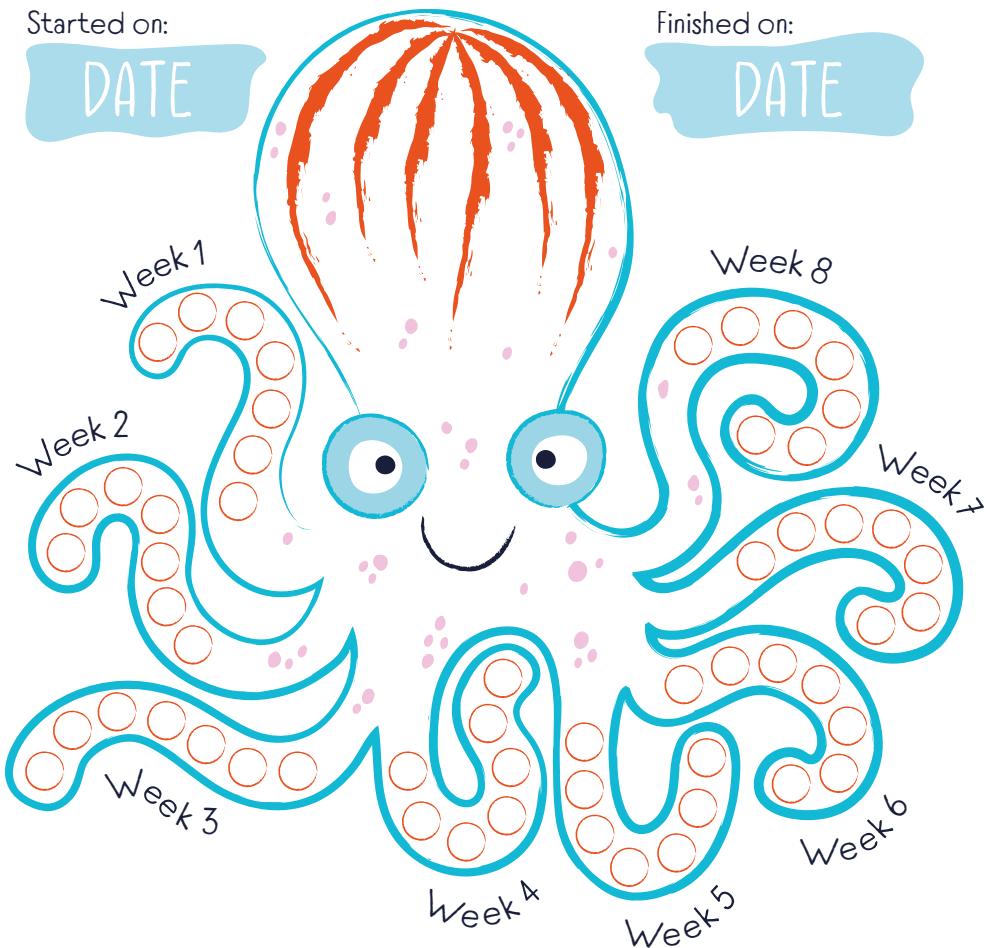
# OCTOPUS MOOD TRACKER

Started on:

DATE

Finished on:

DATE



COLOUR KEY:



AWESOME



Good



OK



Not good



Awful

# A SAFE PLACE



If you start to feel overwhelmed, you can think about your favourite safe place and how it feels when you're there.

Your safe place could be real or imaginary.

## WHAT'S YOUR SAFE PLACE LIKE?

How might safe feel?

.....

What does it look like?

.....

What colours can you see?

.....

What sounds can you hear?

.....

What can you touch?

.....

Is there a taste that reminds you of your safe place?

.....

What does it smell like?

.....

What is the temperature there?

.....

DRAW OR WRITE ABOUT YOUR SAFE PLACE HERE...

# POSITIVE PEBBLES

Have fun colouring in these **POSITIVE PEBBLES**  
and use the blank one to **DESIGN YOUR OWN!**



## WHY DON'T YOU...

Brighten someone's day by decorating some pebbles and leaving them out and about for anyone to find?

# ROCKPOOL REFLECTIONS

Today is:

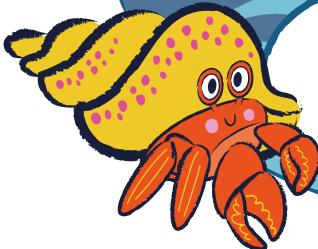
DAY / DATE

In this moment I feel...

Today I took care of myself by...

Something that made me smile today...

A worry I'd like to let go of...



# WHEN I NEED HELP...

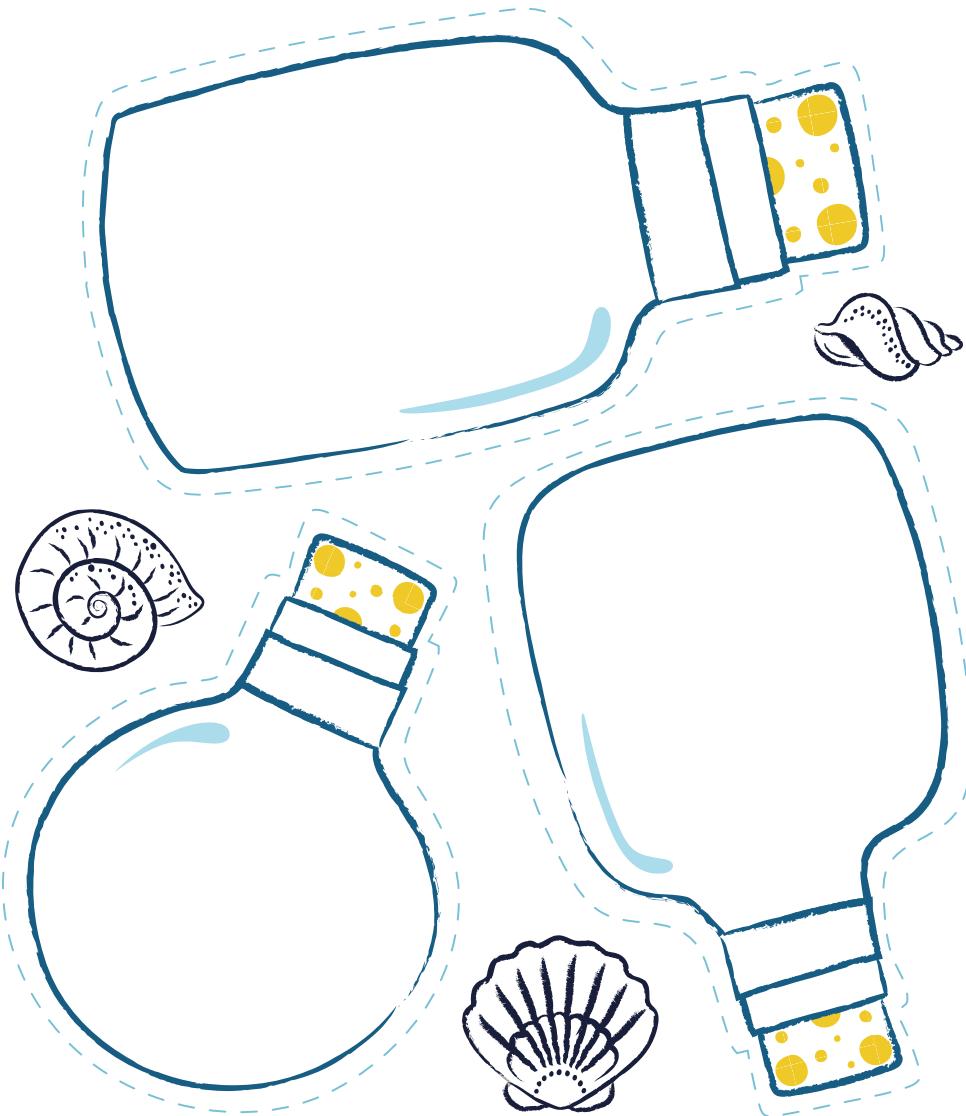
A lighthouse is there to help ships find their way in the dark. Write the names of some people who can help you when you feel a bit lost in the beams from the lighthouse below...



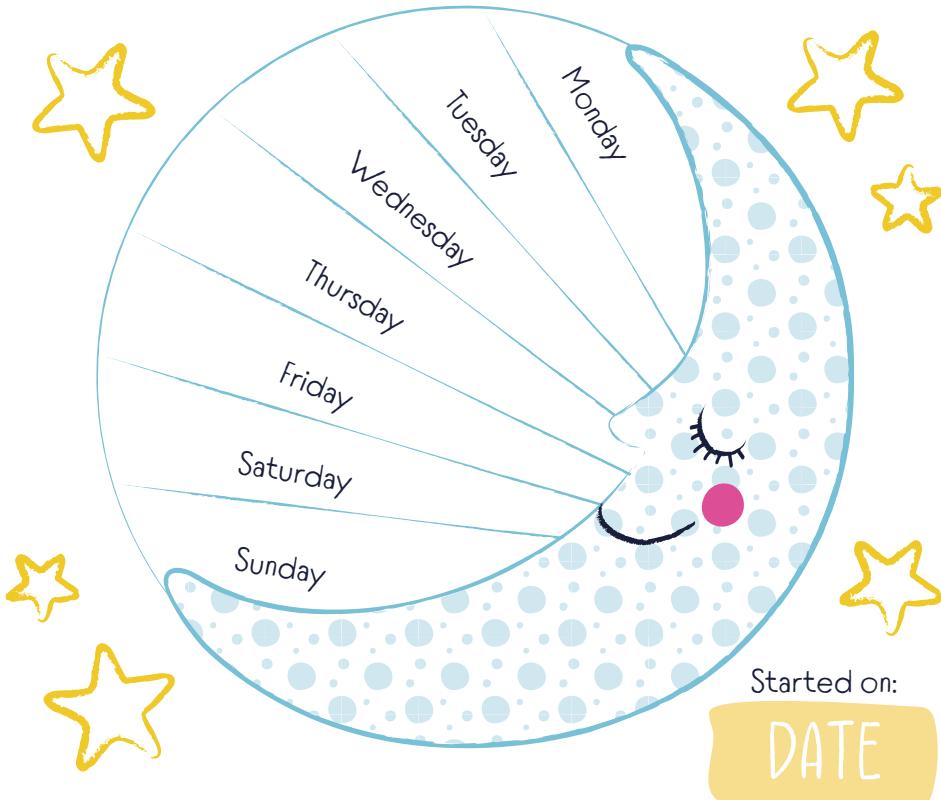
# MESSAGES IN BOTTLES

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If you're feeling worried about anything (even if it feels awful or small), it's OK to ask for help. Write your worries in these bottles. If you want to, you can cut them out or tear out the page and give it to a grown up you trust to let them know you need help.



# 1 WEEK SLEEP TRACKER



## COLOUR KEY:



4 hours  
or less



5 hours



6 hours



7 hours



8 hours



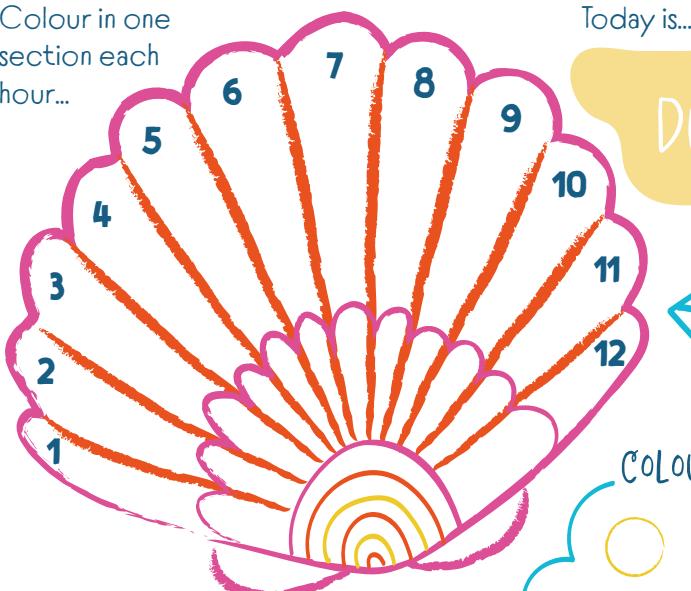
9 hours  
or more

## TOP TIP

Try not to look at any screens (phones, computers, tablets, TV) for at least an hour before you go to bed... read a book or draw a picture instead :)

# 1 DAY MOOD TRACKER

Colour in one section each hour...



Today is...

DAY/DATE

COLOUR KEY:



AWESOME



Good



OK



Not good



AWFUL

SOMETHING THAT WENT  
WELL TODAY...



SOMETHING I'M GRATEFUL  
FOR TODAY...



# MY WAYS TO WELLBEING

CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club. Talking, playing and staying in touch with others is a great way to feel good.

**MY FAVOURITE WAY TO CONNECT  
WITH OTHERS IS...**



Try asking someone an OPEN question (where they can't answer just 'yes' or 'no')



**MY FAVOURITE PLACE TO  
CONNECT WITH OTHERS IS...**



**MY FAVOURITE PERSON TO TALK TO IS...**



**I LIKE IT WHEN PEOPLE CONNECT  
WITH ME BY...**



# MY WAYS TO WELLBEING

GET MOVING

Moving helps you feel good! It's even better if you do it outside... but the most important thing is that you do an activity you ENJOY!

MY FAVOURITE WAY TO GET MOVING IS...



Put your favourite song on and dance!

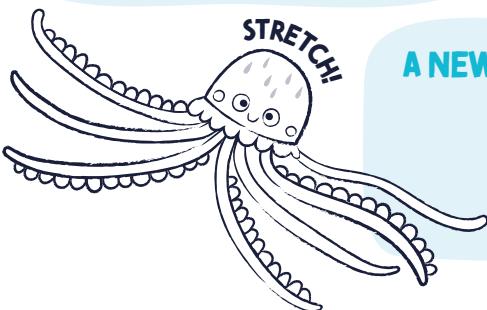
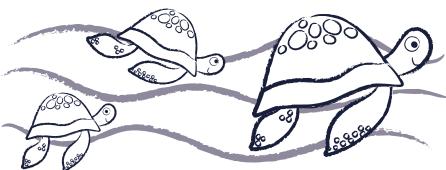
Play tag at break time!



MY FAVOURITE THING ABOUT IT IS...

MY FAVOURITE PLACE TO GET MOVING IS...

Go for a sea swim (with a grown up!)



A NEW ACTIVITY I'D LIKE TO TRY IS...



# MY WAYS TO WELLBEING

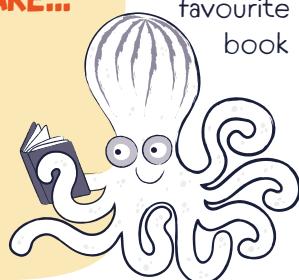
**FIND TIME  
FOR YOU**

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

**A FEW THINGS I REALLY ENJOY DOING ARE...**



Read your  
favourite  
book



**SOMETHING NEW I'D LIKE TO TRY IS...**

**SOMEONE I REALLY LIKE  
SPENDING TIME WITH IS...**



Learn a  
new word  
... or even a  
word in a  
different  
language!

**SOMEONE I'D LIKE TO SPEND MORE TIME WITH IS...**



# MY WAYS TO WELLBEING

GIVE

Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

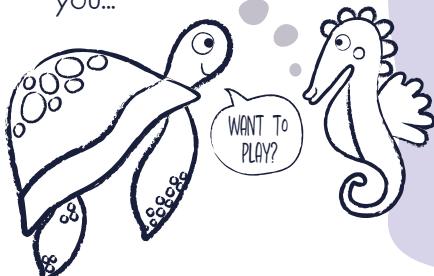
**SOMETHING I CAN DO TO HELP OUT AT HOME IS...**

**I CAN MAKE PEOPLE SMILE BY...**

Make someone laugh when they're gloomy! Tell your favourite joke...



Invite someone new to join in a game or activity with you...



**SOMETHING I CAN DO TO HELP OUT AT SCHOOL IS...**



# MY WAYS TO WELLBEING

TAKE  
NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

I LIKE TO DAYDREAM ABOUT...



Keep a  
note of 3  
Good Things  
from each day.

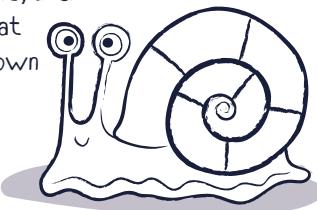


MY FAVOURITE BREATHING EXERCISE IS...

I CAN BE KIND TO MYSELF BY...



SLOW DOWN... Take your time,  
breathe, and  
move at  
your own  
pace



Use your senses!  
Count nearby  
things you can  
see, hear, smell,  
touch and taste.



MY FAVOURITE PLACE TO  
STOP AND TAKE NOTICE IS...

# 5 WAYS TO WELLBEING BINGO

## HOW TO PLAY:

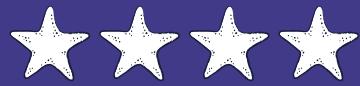
You can play on your own or with friends and family... For one week, colour in or tick a star for each activity you complete. The highest score wins!



WENT TO BED  
ON TIME AND  
GOT PLENTY  
OF SLEEP



DID OR SAID  
SOMETHING  
FUNNY TO MAKE  
SOMEONE LAUGH



TOOK TIME OUT  
TO WATCH THE  
CLOUDS OR THE  
STARS



HUGGED A  
PERSON OR  
PET I LOVE



PLAYED, WALKED  
OR DID A SPORT  
OUTSIDE



TALKED WITH  
A FRIEND OR  
SOMEONE I LOVE



STRETCHED,  
WIGGLED OR  
DID SOME YOGA



READ A BOOK OR  
WATCHED A TV  
SHOW I ENJOY



HELPED OUT  
AT HOME OR  
AT SCHOOL



PAUSED AND DID  
A BREATHING  
EXERCISE



SAYED THANK YOU  
TO SOMEONE  
FOR SOMETHING  
KIND THEY DID



COUNTED THREE  
THINGS NEARBY  
THAT MAKE ME  
HAPPY



SAYED HELLO TO  
SOMEONE NEW,  
OUT AND ABOUT  
OR AT SCHOOL



DANCED TO MY  
FAVOURITE  
MUSIC

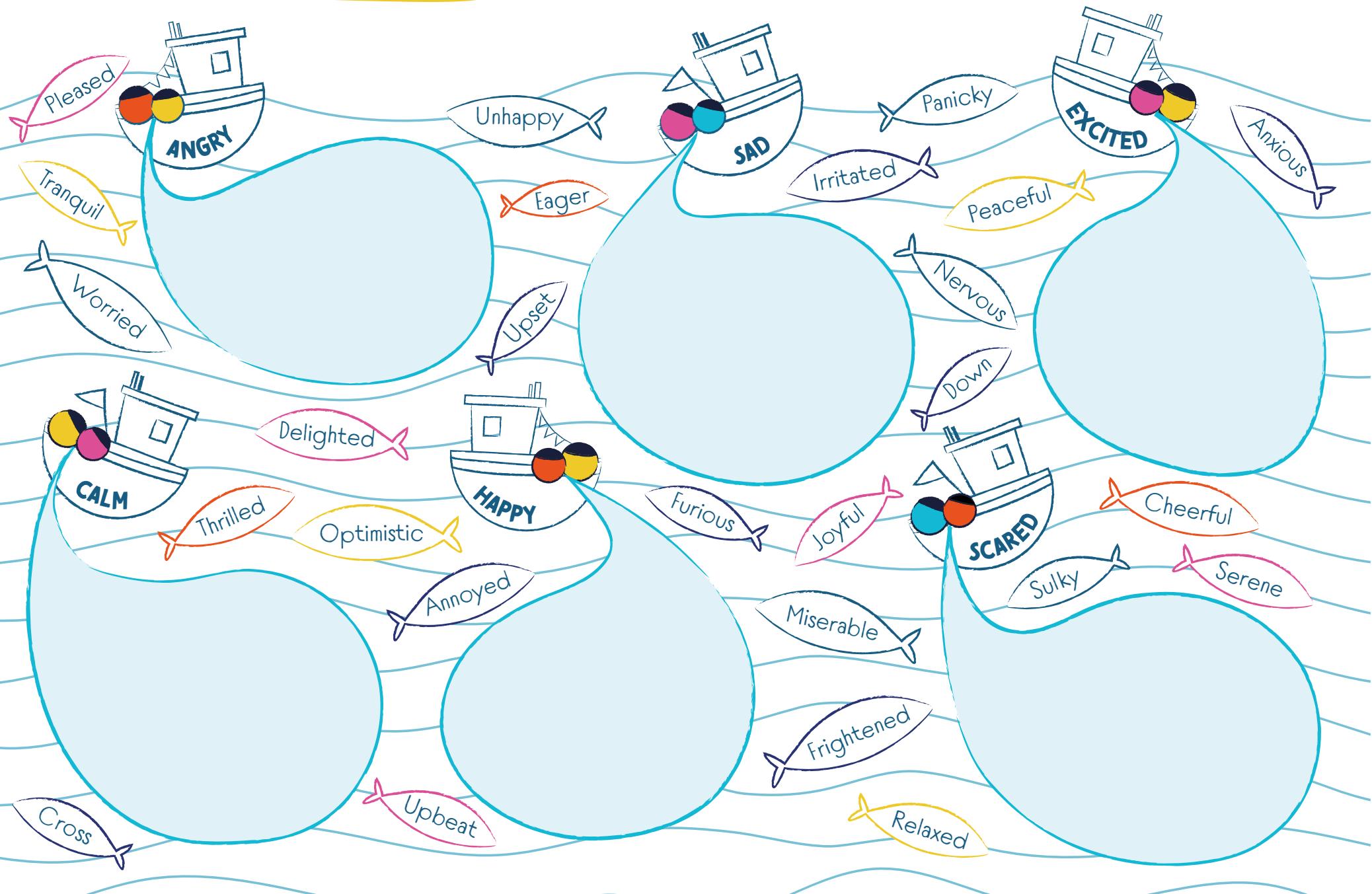


ATE PLENTY OF  
FRUIT AND VEG,  
AND DRANK  
ENOUGH WATER



# FISHING FOR FEELINGS

We use lots of different words to describe our feelings.  
Can you sort the words in the sea into the right fishing nets?

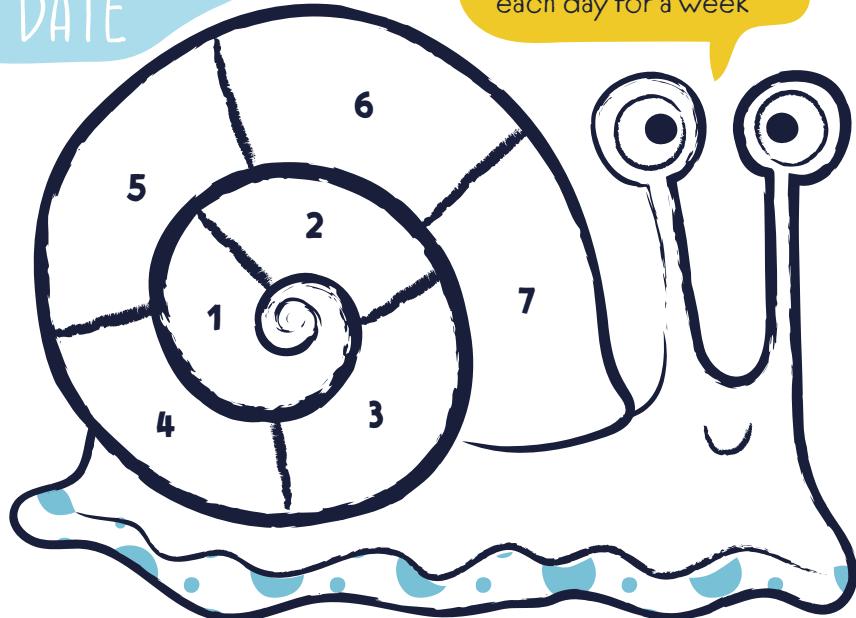


# SEA SNAIL MOOD TRACKER

Started on:

DATE

Colour in one section each day for a week



COLOUR KEY:



AWESOME



Good



OK



Not good



AWFUL

SOMETHING I ENJOYED THIS WEEK...

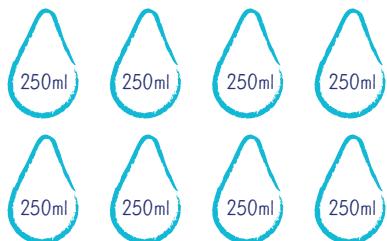
# BRILLIANT BASICS

Today is

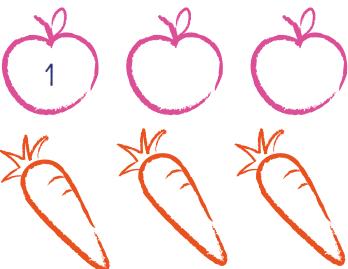
DAY/DATE

Colour in and keep track!

## WATER & JUICE TRACKER



## FRUIT & VEG TRACKER

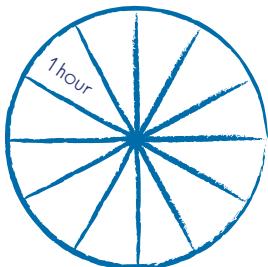


## EXERCISE TRACKER

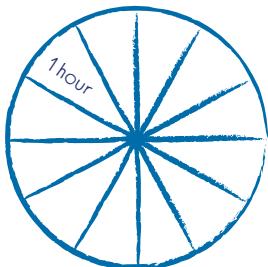
each dot = 5 mins activity



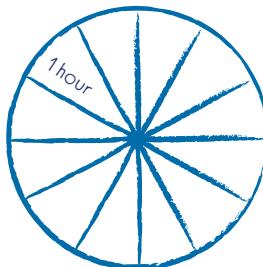
SCREEN-TIME  
(DEVICES & TV)



SCHOOL TIME  
(INC. HOMEWORK)



TIME WITH  
FAMILY & FRIENDS



TOP TIP

The more drops, fruit & veg and exercise dots you can colour in, the healthier you will be!

# 3 GOOD THINGS

1

2

3

Today is...

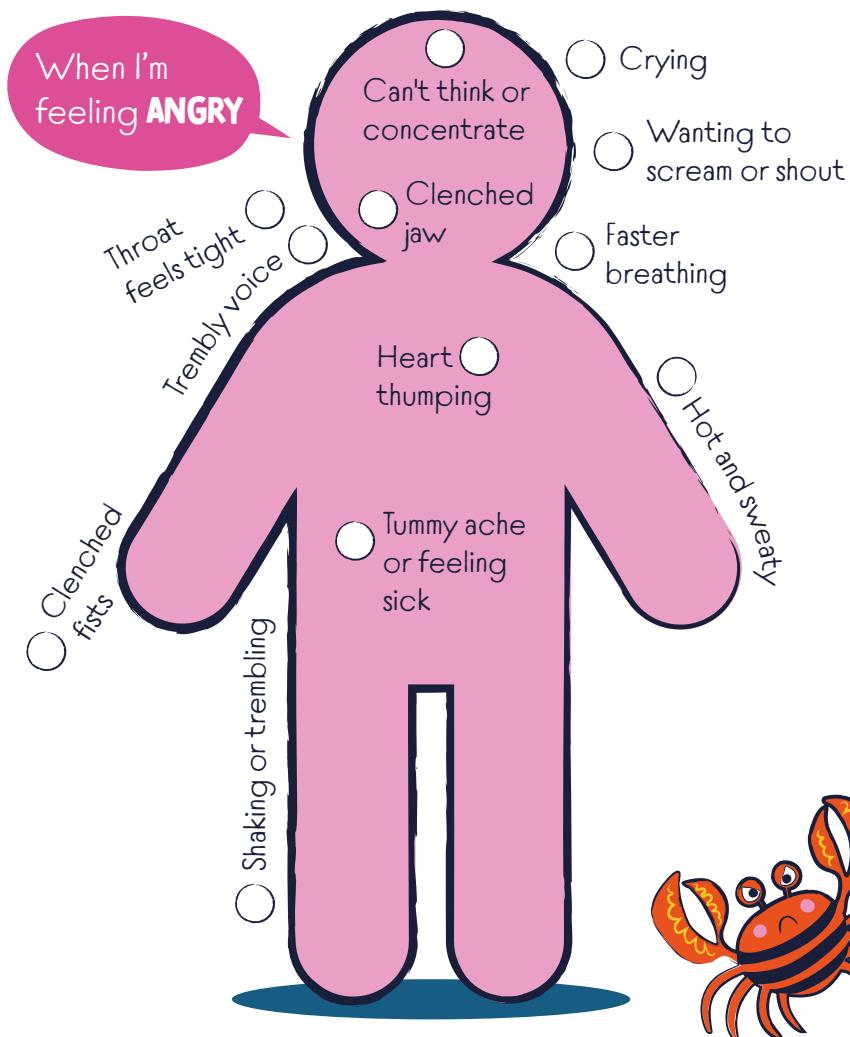
DAY/DATE

# SCRIBBLES & IDEAS

---

# EMOTION MAPS

When emotions visit we can often feel them in our bodies... sometimes in quite surprising ways! Use these maps to help you describe the feelings **YOU** get in **YOUR** body when you're feeling an emotion. Tick the boxes next to the suggestions if they're right for you and/or write your own.



# EMOTION MAPS

Tick the boxes next to the suggestions if they're right for you and/or write your own.

When I'm  
feeling  
**EXCITED**

Bouncy and full of energy

Can't think or concentrate

Smiling and laughing

Extra chatty and louder than usual

Faster breathing

Heart thumping

Butterflies in my tummy

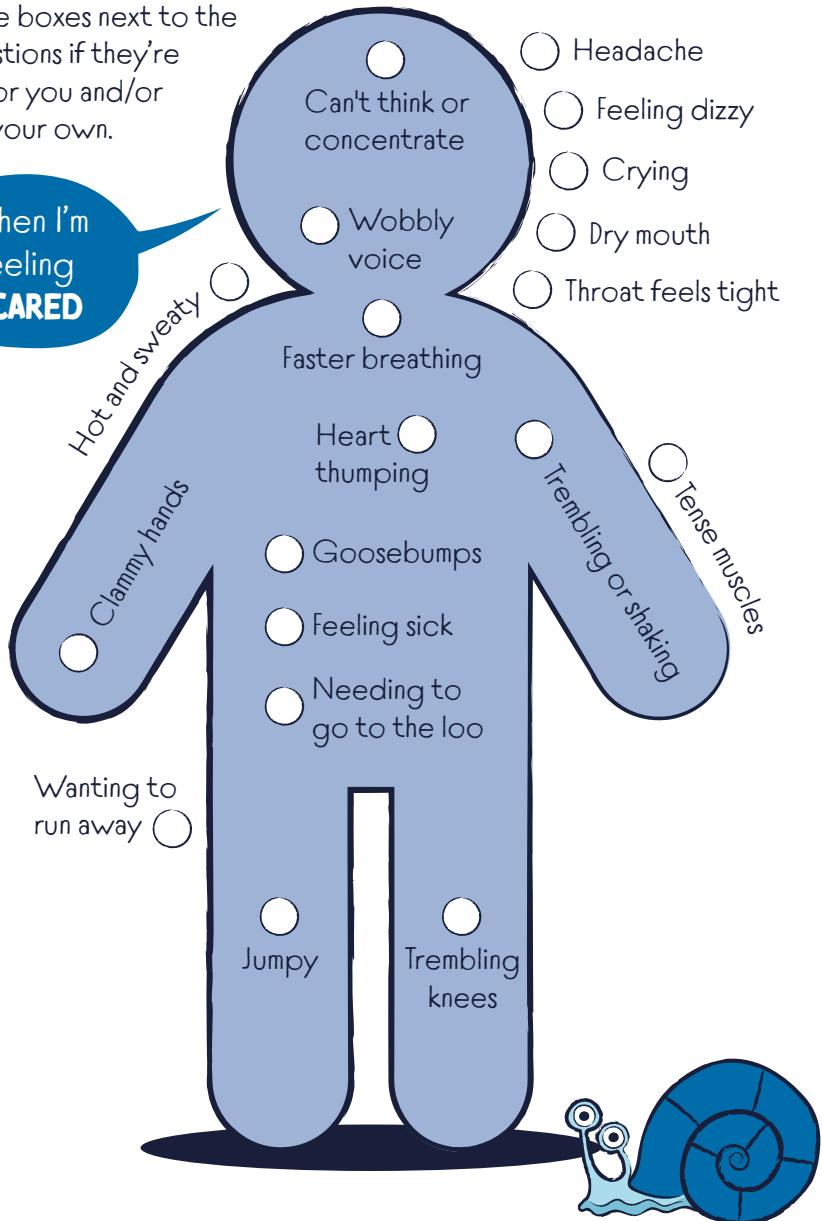
Can't keep still



# EMOTION MAPS

Tick the boxes next to the suggestions if they're right for you and/or write your own.

When I'm  
feeling  
**SCARED**



# EMOTION MAPS

Tick the boxes next to the suggestions if they're right for you and/or write your own.

When I'm  
feeling  
**HAPPY**

Gentle, steady breathing

Crying  
(tears of joy)

Smiling or  
laughing

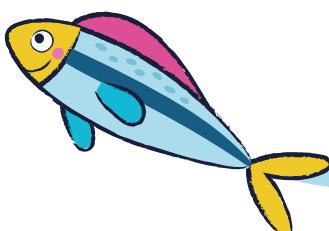
'Glowing'

Bouncy and  
full of energy

Butterflies  
in the tummy

Feeling warm  
all over

Feeling relaxed



# 1 NIGHT SLEEP TRACKER



WHEN I WOKE UP I FELT...



RIGHT NOW I FEEL...



Tonight I think I need to sleep...



More



Less



About the same amount  
... as last night

Today is...

DAY/DATE

# FILL UP YOUR BUCKET

Fill your bucket with things that help you feel happy, nice things that people have said about you or your favourite people or animals. You can write, draw pictures or stick photos on... whatever you want!



# NOTES & THOUGHTS

# 3 GOOD THINGS

1

2

3

Today is...

DAY/DATE

# FEELING CRABBY

We all have things that feel... not so good to us. Knowing what they are can help us work out what we can do to feel better...

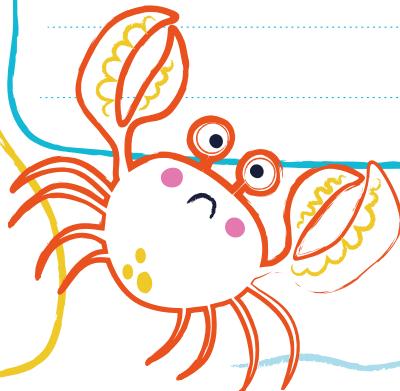


I DON'T LIKE...

SOME THINGS THAT  
HELP ME FEEL BETTER...

BECAUSE OF IT I FEEL...

<input type="radio"/> WORRIED	<input type="radio"/> ANGRY
<input type="radio"/> SCARED	<input type="radio"/> SAD
<input type="radio"/> EMBARRASSED	<input type="radio"/> LONELY
<input type="radio"/> UNCOMFORTABLE	
<input type="radio"/> SOMETHING ELSE...	



# FEATHER BREATHING



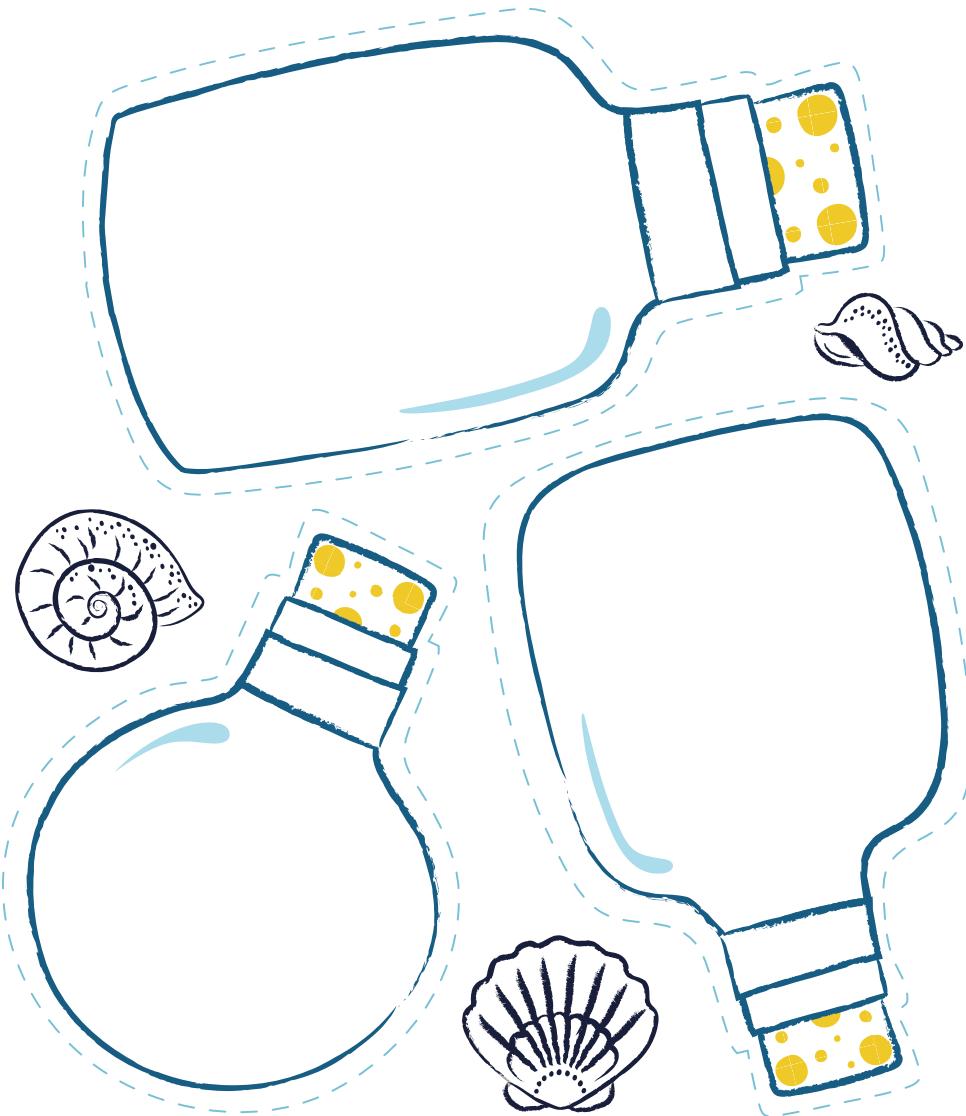
1. Hold your hand out in front of you - palm up
2. Imagine you have a feather in your hand
3. Take a deep breath and try to blow the feather into the air and keep it floating
4. Take a deep breath each time you try and blow out gently to keep your feather floating

---

# MESSAGES IN BOTTLES

---

If you're feeling worried about anything (even if it feels awful or small), it's OK to ask for help. Write your worries in these bottles. If you want to, you can cut them out or tear out the page and give it to a grown up you trust to let them know you need help.



# ALL ABOUT ME

MY CORNWALL  
MY HOME

Something I love about living in Cornwall is...

Something I love about my home is...

My favourite thing in my bedroom is...

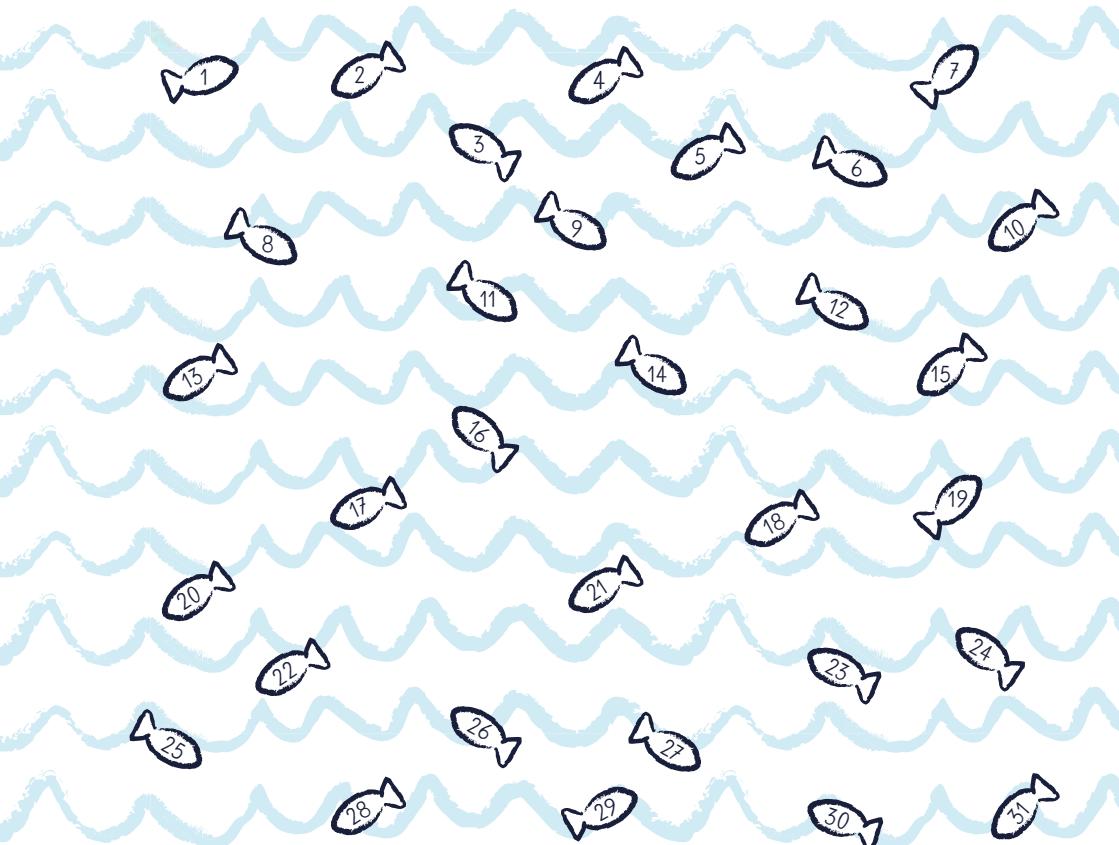
My favourite thing to do outside is...

Something I love to do at home is...



# 1 MONTH MOOD TRACKER

Month:



COLOUR KEY:

AWESOME	Good	OK	Not good	AWFUL

# SCRIBBLES & IDEAS

Remember, it's OK to talk about anything that's on your mind, even if seems awful or small, with your trusted adults

# MY GOALS & DREAMS MAP

**START HERE**

My goal or dream is...



# I AM THANKFUL FOR...

Fill in  
all the sun beams!  
The blanks ones  
are for your  
own ideas!

A person

Something in my home

Something I really enjoy doing

Something that helps me

Something that belongs to me

Something I learned at school

Something that happened

A place

Something kind someone did for me

COLOUR IN...

I  
B E L O N G  
H E R E



# SELF CARE CHECKLIST

Use this checklist to keep track of your self care... add your own self care actions too, if you like!

# MY CREW



## TOP TIP

This is a space where you can think about the grown ups in your life who can help you if you need it. Who can you trust to listen to you and support you?

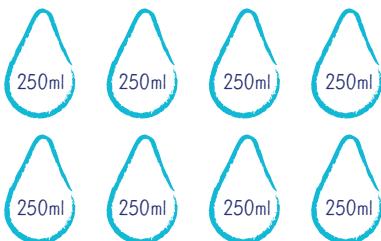
# BRILLIANT BASICS

Today is

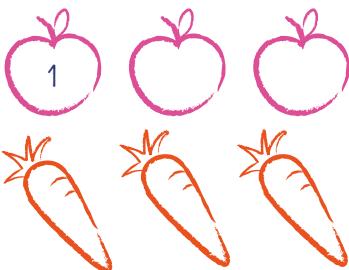
DAY/DATE

Colour in and keep track!

## WATER & JUICE TRACKER



## FRUIT & VEG TRACKER

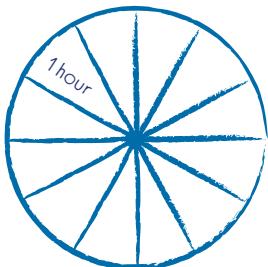


## EXERCISE TRACKER

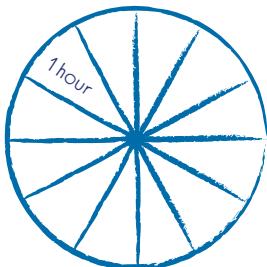
each dot = 5 mins activity



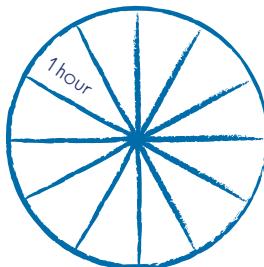
## SCREEN-TIME (DEVICES & TV)



## SCHOOL TIME (INC. HOMEWORK)



## TIME WITH FAMILY & FRIENDS



TOP TIP

The more drops, fruit & veg and exercise dots you can colour in, the healthier you will be!

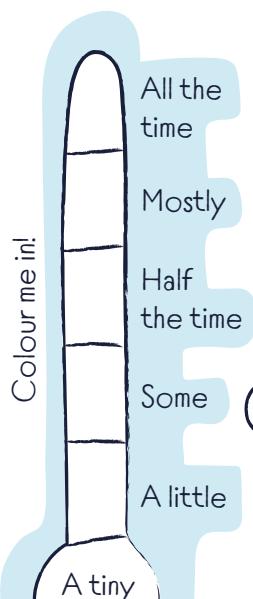
# NOTES & THOUGHTS

# MY WEATHER REPORT

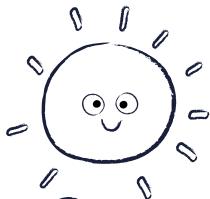
Today is:

DATE

DAY



Tick the boxes and/or colour in to show your personal weather report today (choose as many as you like)



Brilliant!



Good



Mixed but positive



OK-ish



Meh



Sad



Really sad



Sad, angry, frustrated



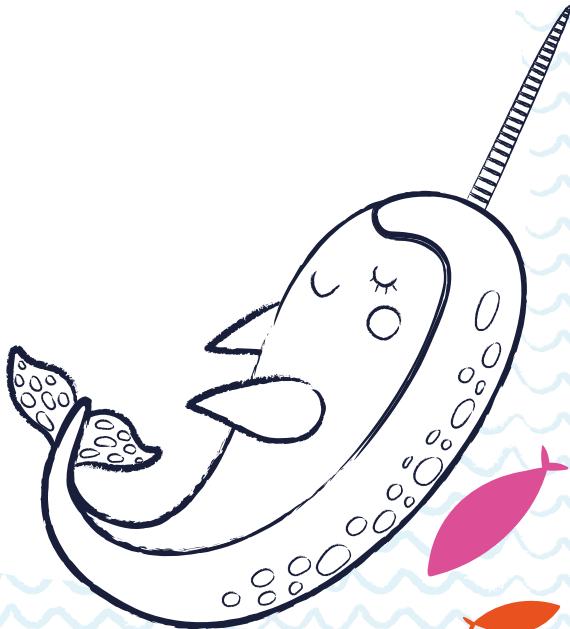
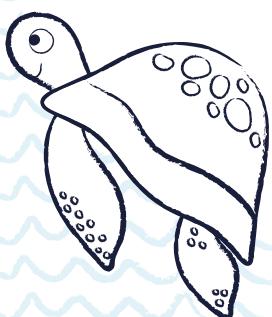
REALLY BAD!  
I need help!

LATELY,  
I'VE BEEN FEELING...

- Happy • Worried • Optimistic
- Sad • Excited • Disappointed
- Bored • Angry • Content •
- Tired • Annoyed • Calm

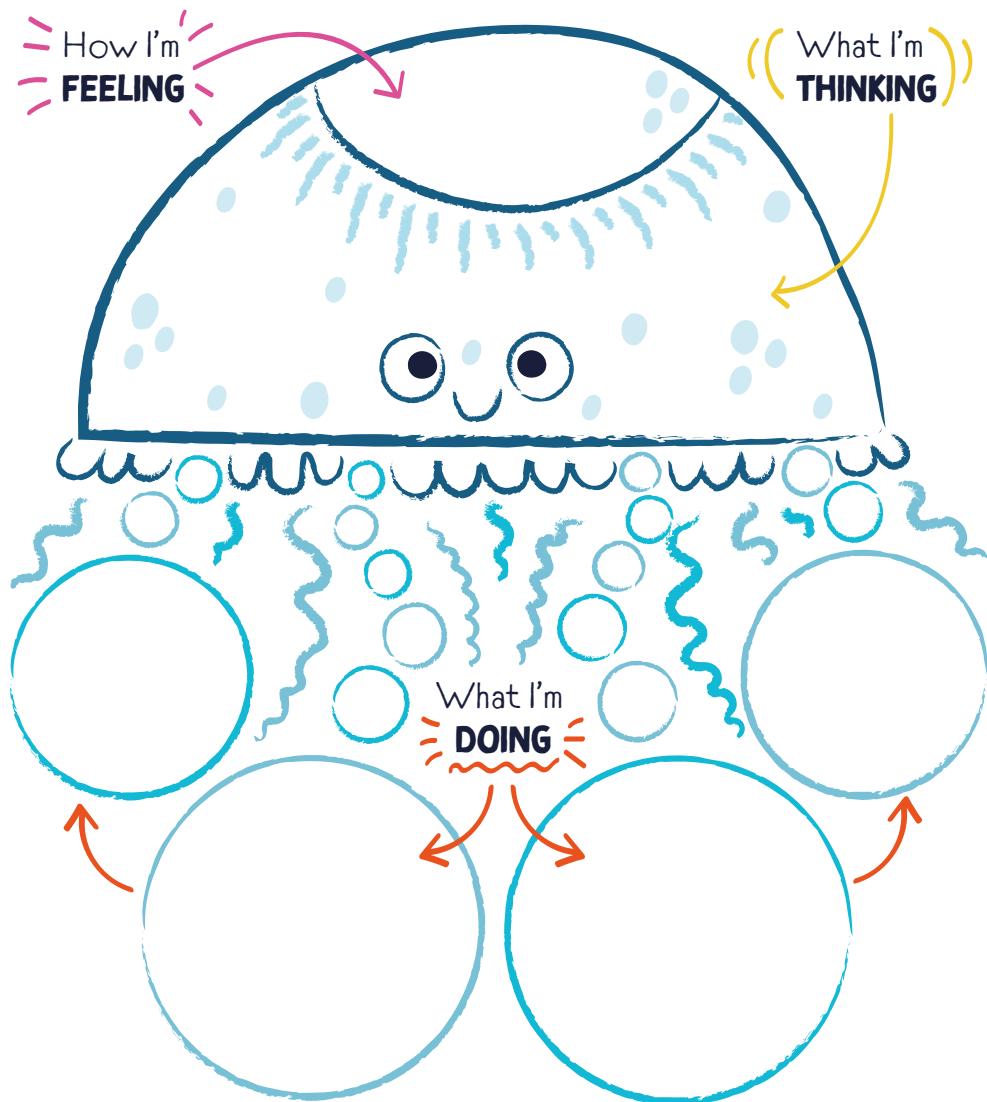
SOMETHING I CAN DO TO FEEL  
(EVEN) BETTER IS...

A THING THAT MAKES  
ME UNIQUE IS...



# MY JELLYFISH BRAIN

Our **FEELINGS** and **THOUGHTS** can show up in the things we **DO**. Use the Jellyfish Brain to explore how your feelings and thoughts change how you act/what you do.



# ROCKPOOL REFLECTIONS

Today is:

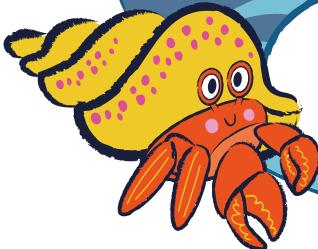
DAY / DATE

In this moment I feel...

Today I took care of myself by...

Something that made me smile today...

A worry I'd like to let go of...



# SCRIBBLES & IDEAS

# 'CATCHING FEELINGS'

Can you tell how these guys are feeling? Draw lines to link them to their feeling bubbles!

EXCITED

SCARED

SURPRISED

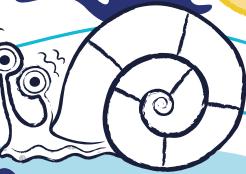
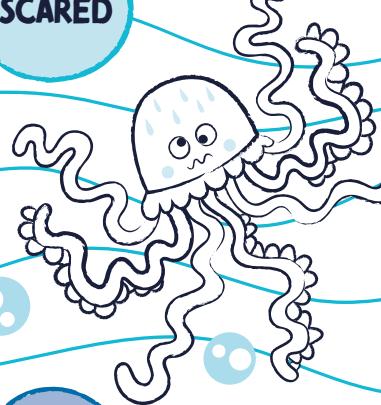
CONFUSED

SAD

HAPPY

CALM

ANGRY

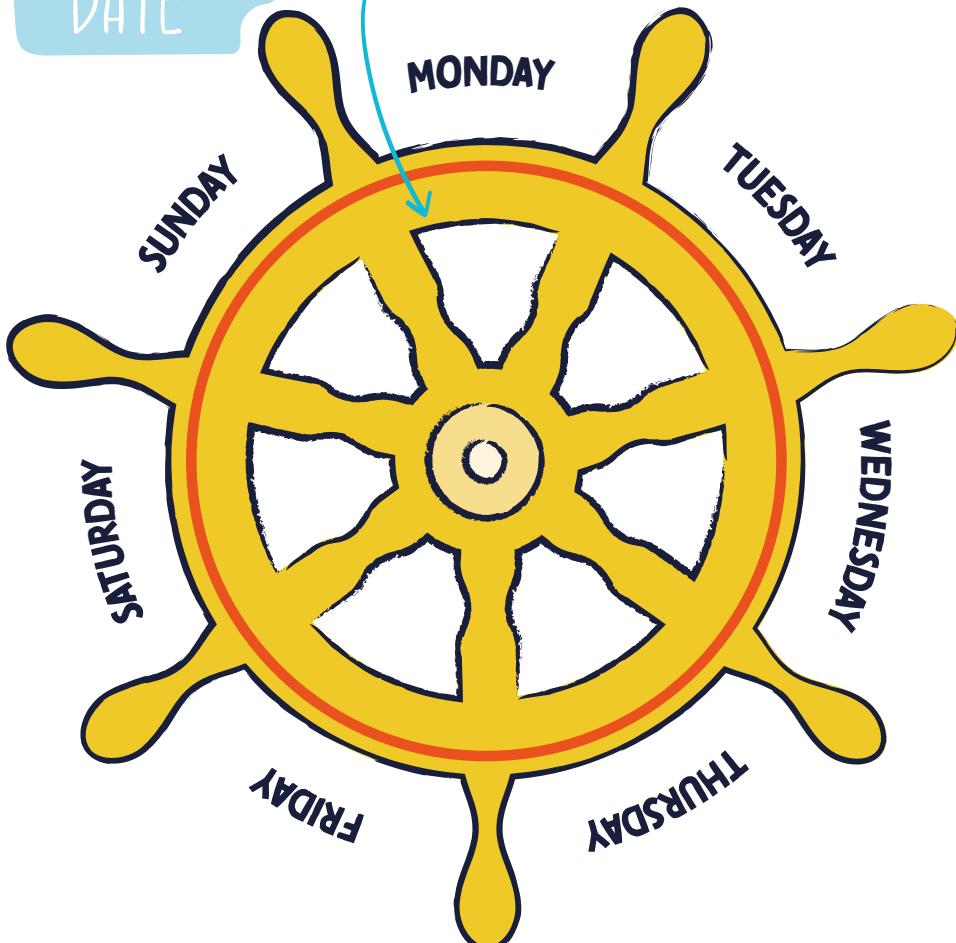


# 1 WEEK MOOD TRACKER

Started on:

DATE

Colour in one section each day for a week



COLOUR KEY:



AWESOME



Good



OK



Not good



AWFUL

Started on:

DATE

Finished on:

DATE

# KINDNESS CHALLENGE



SMILE AT PEOPLE  
WHEN YOU'RE  
OUT & ABOUT

INCLUDE  
SOMEONE NEW  
IN A GAME  
OR ACTIVITY



TELL SOMEONE  
YOUR FAVOURITE  
FACT

SAY THANK YOU TO  
SOMEONE WHO DOES  
STUFF FOR YOU (Maybe  
your parents, teacher,  
school caretaker,  
club leader...)

TIDY UP AT  
HOME OR SCHOOL  
WITHOUT BEING  
ASKED TO

GIVE A  
HUG!

PAINT PEBBLES WITH POSITIVE  
OR INSPIRING MESSAGES AND  
LEAVE THEM IN RANDOM PLACES  
FOR PEOPLE TO FIND



HELP ORGANISE A GAME OR ACTIVITY FOR  
YOUR CLASS AT BREAK OR LUNCHTIME

## HOW TO PLAY:

See how many of these **ACTS OF KINDNESS** you can do in **ONE WEEK!** Tick them off as you do them... you could even do the challenge with your family or friends (use different colour pens for each person) to see who can do the most?



TELL SOMEONE YOUR  
FAVOURITE THING ABOUT  
THEM

MAKE SOMEONE  
LAUGH! SHARE  
YOUR BEST  
JOKE



ASK SOMEONE HOW  
THEY'RE FEELING...  
AND LISTEN CAREFULLY  
TO THEIR ANSWER

SHARE!



WRITE A LETTER  
OR A POSTCARD  
to a friend or  
family member,  
just to say hello!



PLAY WITH YOUR  
SIBLING OR PET



CALL OR MESSAGE  
SOMEONE YOU  
CARE ABOUT



OFFER TO HELP AT  
HOME. Could you  
make a meal, put the  
shopping away or  
wash up?

BE KIND TO YOURSELF  
WITH THE 5 WAYS  
TO WELLBEING!

MAKE A CARD FOR A  
FRIEND TO SAY 'THANK  
YOU FOR BEING MY  
FRIEND'



HAVE A SORT OUT  
AND DONATE TOYS, GAMES,  
BOOKS AND CLOTHES  
(in good repair) YOU  
DON'T USE ANYMORE  
TO A CHARITY

BE KIND TO THE PLANET! Join a  
beach clean or pick up litter in the  
playground or on your way to school.

# MY ANCHORS

When life seems stormy  
and I'm feeling out of control,  
I know I have anchors I can  
hold onto until everything  
is calm again...

I FEEL SAFE AND CALM WHEN I...



TALK WITH...



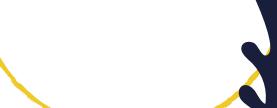
SEE...



PLAY...



LISTEN TO...



SPEND TIME WITH...



IMAGINE...



GO TO...



STOP...



TOUCH...



HEAR...



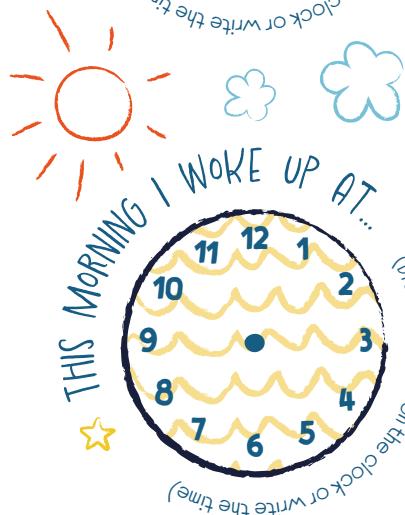
SMELL...



STAY AWAY FROM...



# 1 NIGHT SLEEP TRACKER



WHEN I WOKE UP I FELT...



RIGHT NOW I FEEL...



Tonight I think I need to sleep...



More



Less



About the same amount  
... as last night

Today is...

DAY/DATE

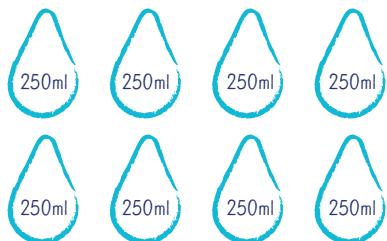
# BRILLIANT BASICS

Today is

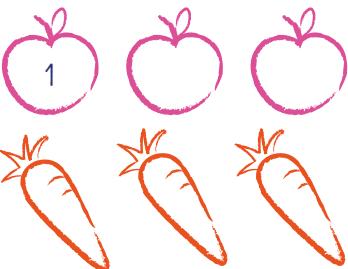
DAY/DATE

Colour in and keep track!

## WATER & JUICE TRACKER



## FRUIT & VEG TRACKER

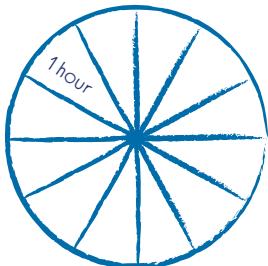


## EXERCISE TRACKER

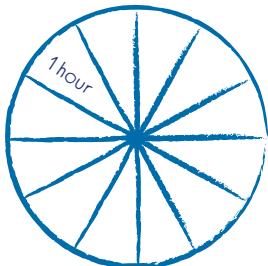
each dot = 5 mins activity



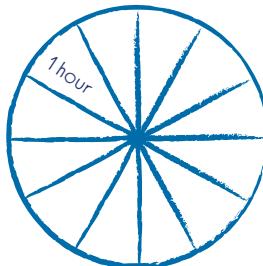
## SCREEN-TIME (DEVICES & TV)



## SCHOOL TIME (INC. HOMEWORK)



## TIME WITH FAMILY & FRIENDS



TOP TIP)

The more drops, fruit & veg and exercise dots you can colour in, the healthier you will be!

# SELF CARE CHECKLIST

Use this checklist to keep track of your self care...  
add your own self care actions too, if you like!

# A BARREL OF LAUGHS!

Laughter is great for your well-being!

**WHY DID THE JELLYFISH BLUSH?**

Because the seaweed!

**WHY ARE PIRATES SO MEAN?**

Because they ARRR!

**WHAT DO YOU CALL A FAMOUS FISH?**

A starfish!

**HOW DO YOU MAKE AN OCTOPUS LAUGH?**

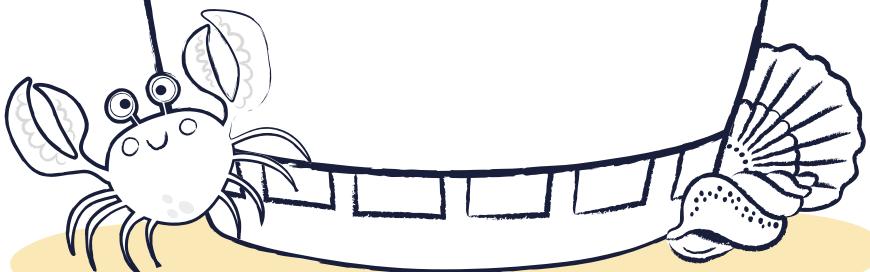
With TEN-tickles!

**WHAT DO YOU CALL A MAN WITH A SEAGULL ON HIS HEAD?**

Cliff!

**WHAT'S YOUR FAVOURITE JOKE?**

Write it here...



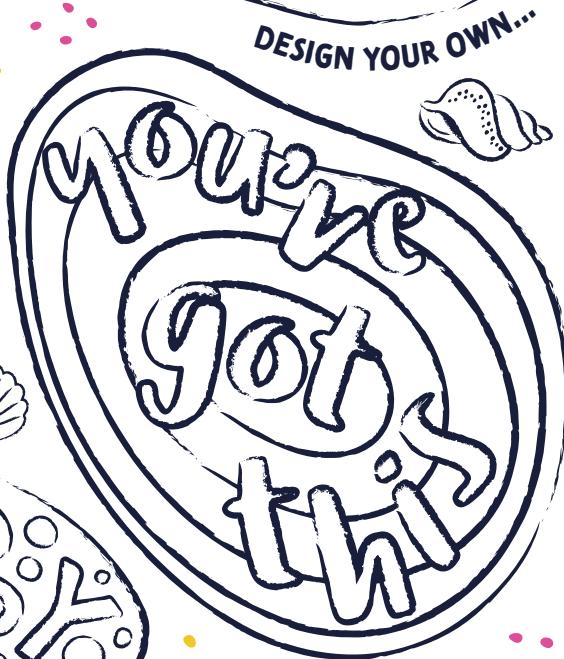
# POSITIVE PEBBLES

Have fun colouring in these **POSITIVE PEBBLES**  
and use the blank one to **DESIGN YOUR OWN!**



## WHY DON'T YOU...

Brighten someone's day by decorating some pebbles and leaving them out and about for anyone to find?





COLOUR IN...

JUST

KEEP

SWIMMING



# NOTES & THOUGHTS

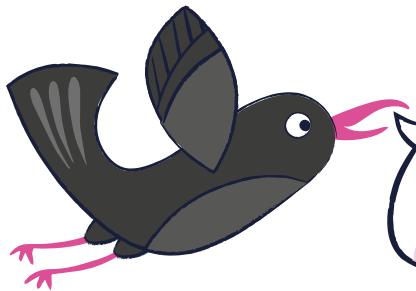


About 50 years ago Cornwall's last chough died, and no choughs lived here for many years afterwards. 'Operation Chough' (established in 1987) set out to bring them back. Now Cornwall is a brilliant place for choughs, with numbers increasing every year! Find out more at:

**[WWW.CHOUGH.ORG](http://WWW.CHOUGH.ORG)**

# FEELING CHOUGGED!

Feeling chuffed (happy) and grateful about the good things in your life? Let these Cornish choughs sing about the things you're chuffed about!



SOMETHING AT SCHOOL I'M GRATEFUL FOR IS...



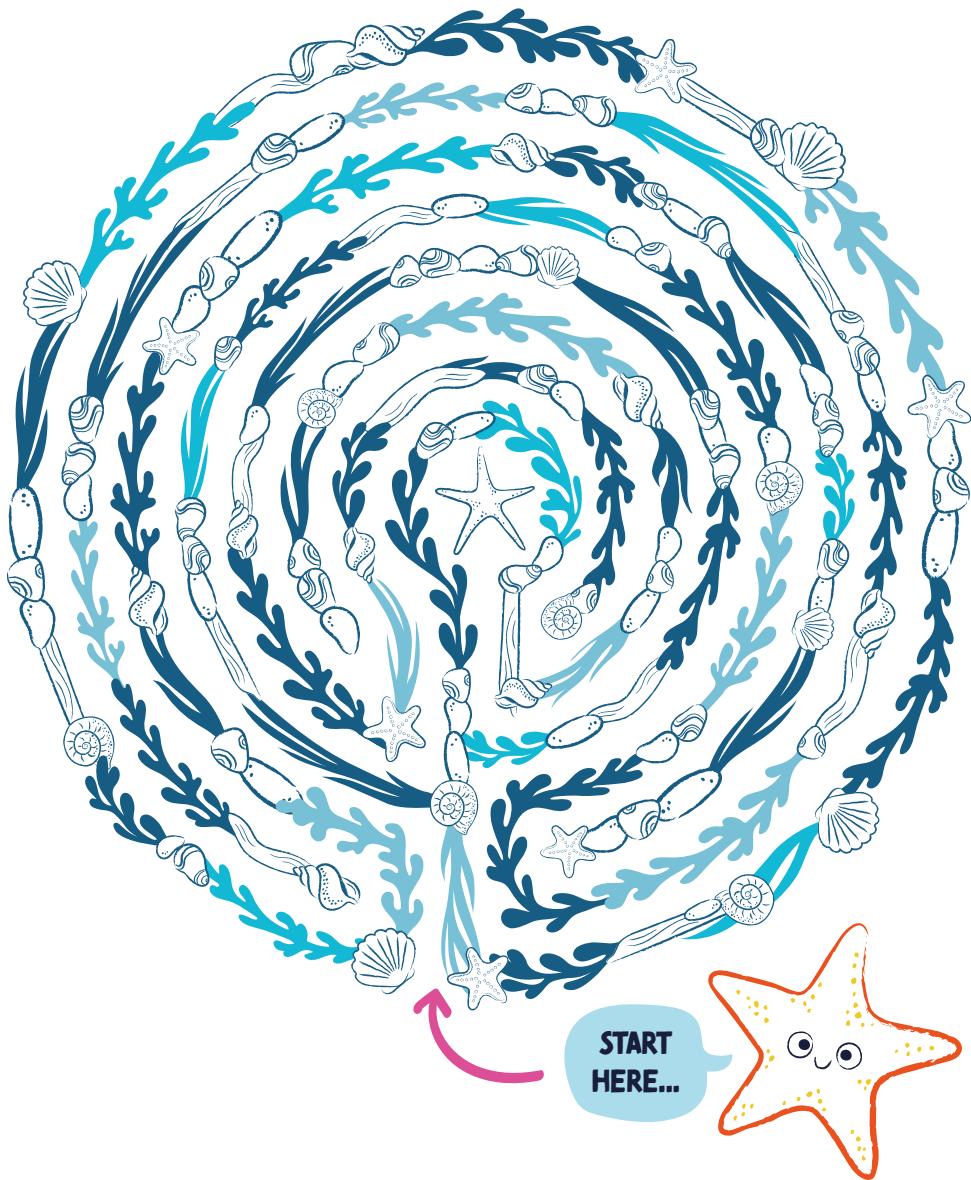
A FOOD I'M GRATEFUL FOR IS...



A TALENT I'M GRATEFUL FOR IS...

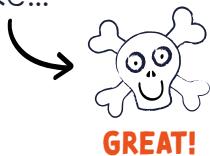
# BEACH BRAIN MAZE

Use your finger to trace around the maze  
and breathe slowly in and out as you go...



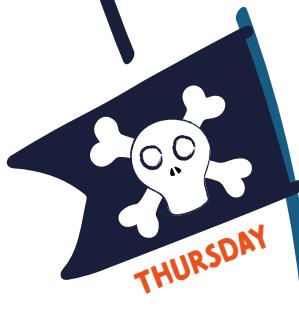
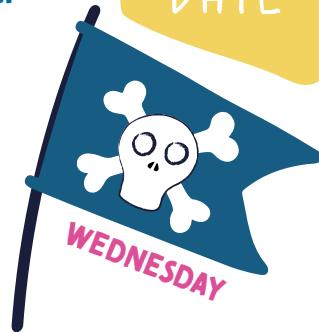
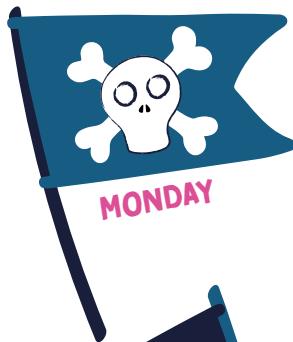
# PIRATE MOOD TRACKER

**AHOY MATEY!** How was your day? Draw a face on one skull each day for a week to track your mood, like...



Started on:

DATE



ONE COOL THING  
THAT HAPPENED THIS WEEK...



# ALL ABOUT ME

## FAVOURITE THINGS

My favourite game is...

My favourite song is...

My favourite colour is...

My favourite meal is...

My favourite film is...

My favourite book is...

My favourite animal is...



# ROCKPOOL REFLECTIONS

Today is:

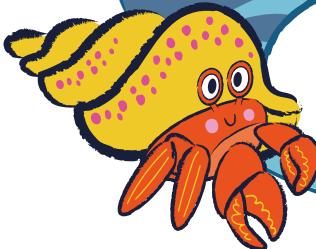
DAY / DATE

In this moment I feel...

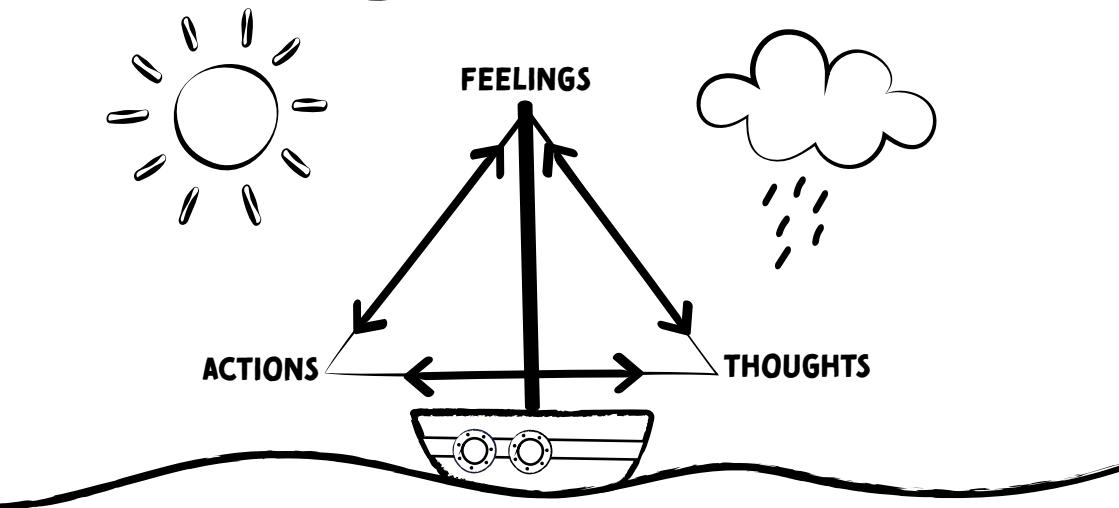
Today I took care of myself by...

Something that made me smile today...

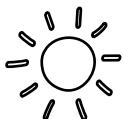
A worry I'd like to let go of...



# ‘ADJUSTING YOUR SAILS’



Our **THOUGHTS**, **FEELINGS** and **ACTIONS** are all connected, so they can affect each other and make our journey through life seem easier or harder.

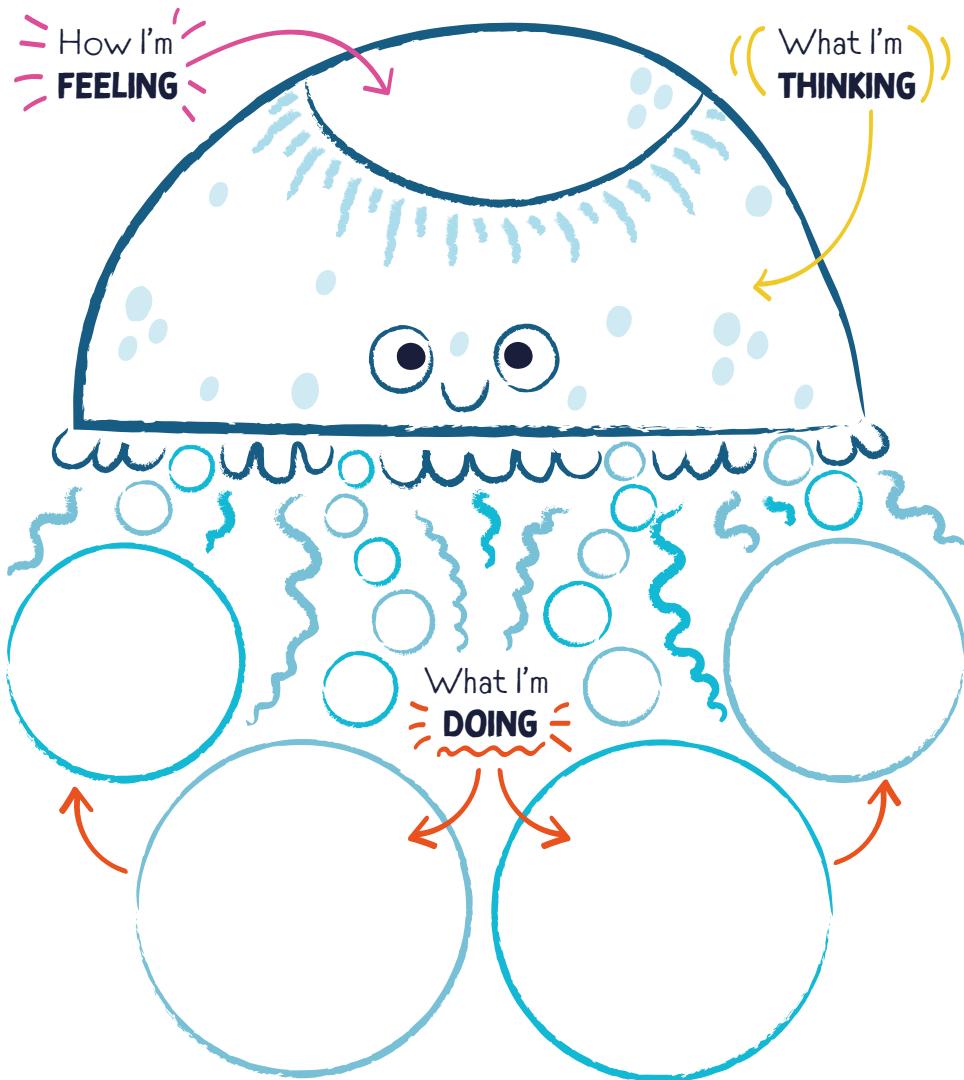
 **POSITIVE THOUGHTS** can help us feel more comfortable feelings and then our actions will be more positive too, making our journey seem easier!

 **NEGATIVE THOUGHTS** can cause uncomfortable feelings and we might not act in helpful ways, which can make our journey harder.

I CAN’T CONTROL THE WIND  
BUT I CAN ADJUST MY SAILS

# MY JELLYFISH BRAIN

Our **FEELINGS** and **THOUGHTS** can show up in the things we **DO**. Use the Jellyfish Brain to explore how your feelings and thoughts change how you act/what you do.



# FINDING FEELINGS

V	A	S	A	D	F	E	A	G	E	R	C
H	X	L	P	N	I	R	O	W	I	N	L
S	A	N	G	R	G	I	E	B	S	S	A
H	A	P	N	E	N	R	H	H	U	L	N
N	M	E	P	G	F	C	Y	R	R	T	E
S	Z	J	O	Y	F	U	L	L	P	O	R
C	T	C	G	Z	G	X	I	L	R	R	V
A	A	H	C	R	O	S	S	E	I	T	O
R	R	L	F	O	S	E	D	U	S	E	U
E	A	R	M	L	E	R	O	T	E	I	S
D	F	C	O	N	F	U	S	E	D	E	N
G	W	O	R	R	I	E	D	O	K	E	T

TICK THE ONES YOU'VE FOUND



EAGER



JOYFUL



CONFUSED



CROSS



ANGRY



SCARED



SURPRISED



SAD



HAPPY



WORRIED



NERVOUS



CALM

WHAT OTHER FEELINGS WORDS DO YOU KNOW?  
COLLECT THEM HERE...

I AM BRAVE  
WHEN...

I AM SPECIAL BECAUSE...

I AM STRONG  
BECAUSE...

BRILLIANT ME!

I AM UNIQUE BECAUSE...

MY SUPERPOWER IS...

I AM  
TRYING TO  
FIGURE OUT...

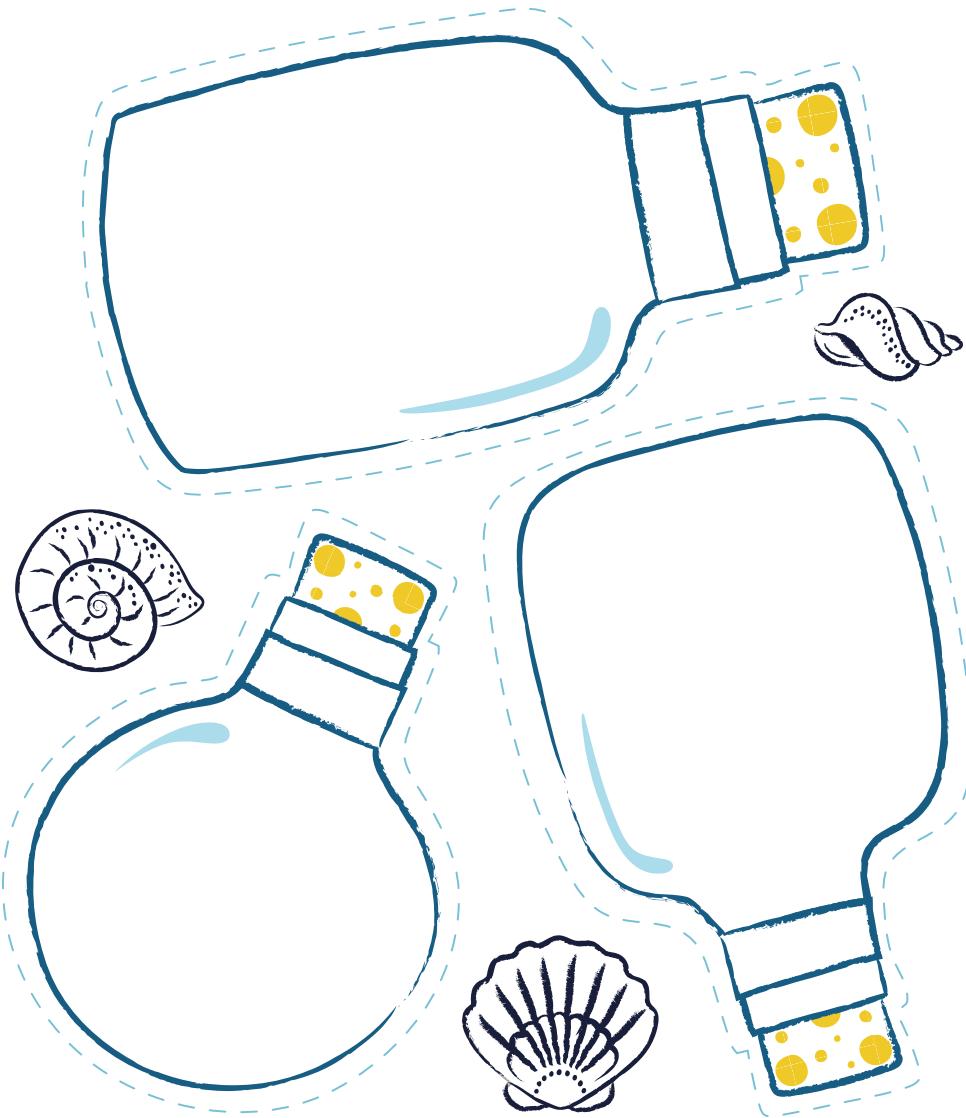
I AM AT MY  
VERY BEST  
WHEN...

I AM KIND WHEN I...

# MESSAGES IN BOTTLES

---

If you're feeling worried about anything (even if it feels awful or small), it's OK to ask for help. Write your worries in these bottles. If you want to, you can cut them out or tear out the page and give it to a grown up you trust to let them know you need help.



# DROP YOUR ANCHORS



# SENSES

If you're feeling anxious, overwhelmed or upset, you can anchor yourself using your 5 senses.

## LOOK AROUND YOU AND NOTICE...



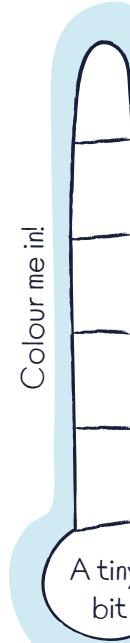
# MY WEATHER REPORT

Today is:

DATE

DAY

Colour me in!



LATELY,  
I'VE BEEN FEELING...

Happy • Worried • Optimistic  
• Sad • Excited • Disappointed  
• Bored • Angry • Content •  
Tired • Annoyed • Calm

Tick the boxes and/or colour in to show your personal weather report today (choose as many as you like)



Brilliant!



Good



Mixed but positive



OK-ish



Meh



Sad



Really sad



Sad, angry,  
frustrated



REALLY BAD!  
I need help!

SOMETHING I CAN DO TO FEEL  
(EVEN) BETTER IS...

((YOU- can't-



STOP

wAVES

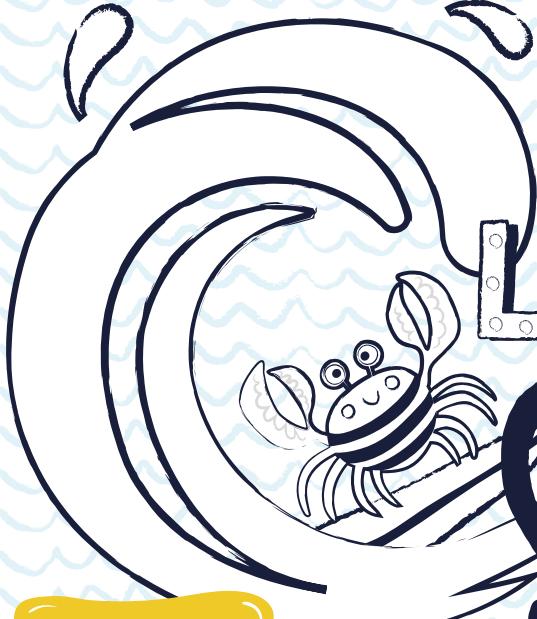
THE

BUT

YOU can

LEARN

to SURF



COLOUR IN...

# 1 NIGHT SLEEP TRACKER



I had (or wish I'd had) a dream about...



WHEN I WOKE UP I FELT...



RIGHT NOW I FEEL...



Tonight I think I need to sleep...



More



Less



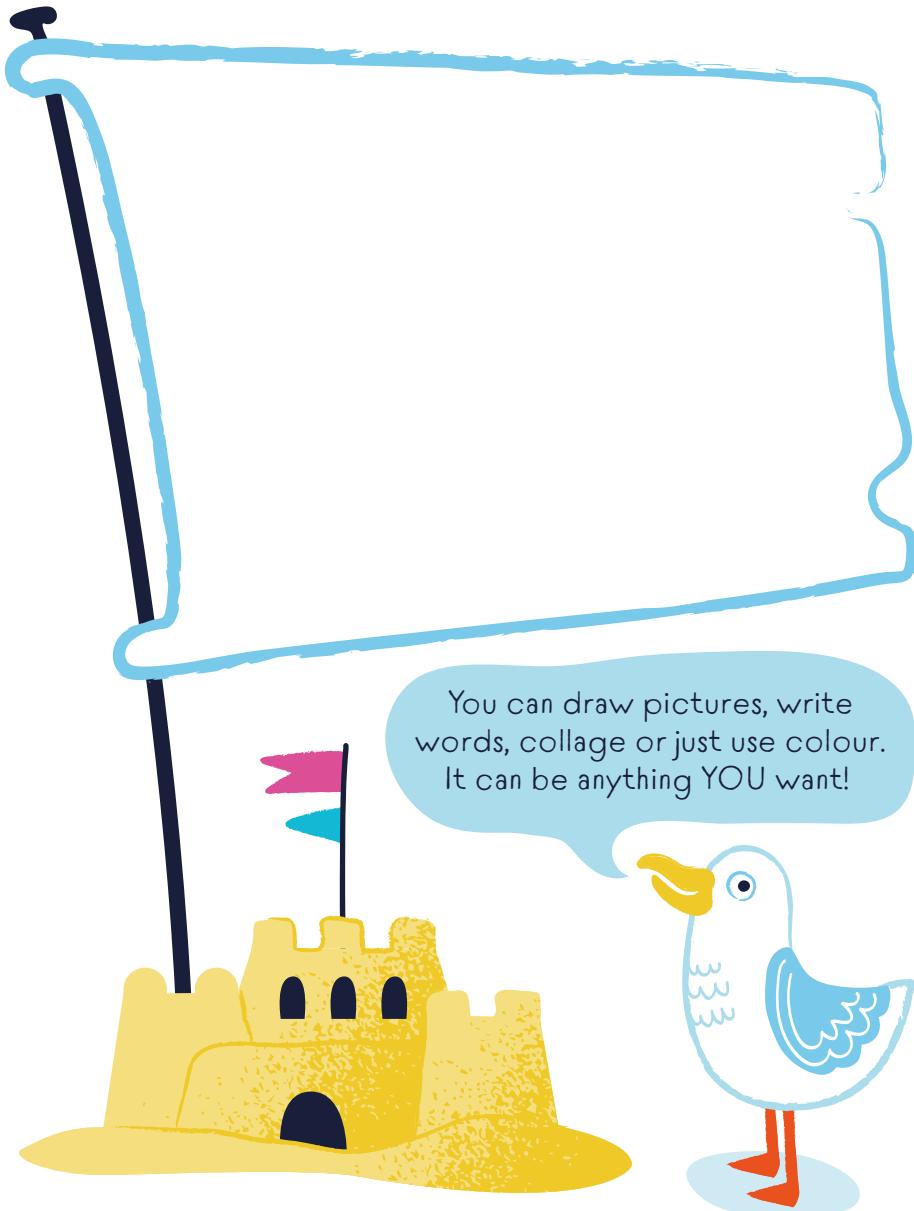
About the same amount  
... as last night

Today is...

DAY/DATE

# FLY YOUR OWN FLAG

We fly flags to show who we are and what's important to us...  
**DESIGN YOUR OWN FLAG, TO SHOW THE WORLD WHO YOU ARE!**



# 3 GOOD THINGS

1

2

3

Today is...

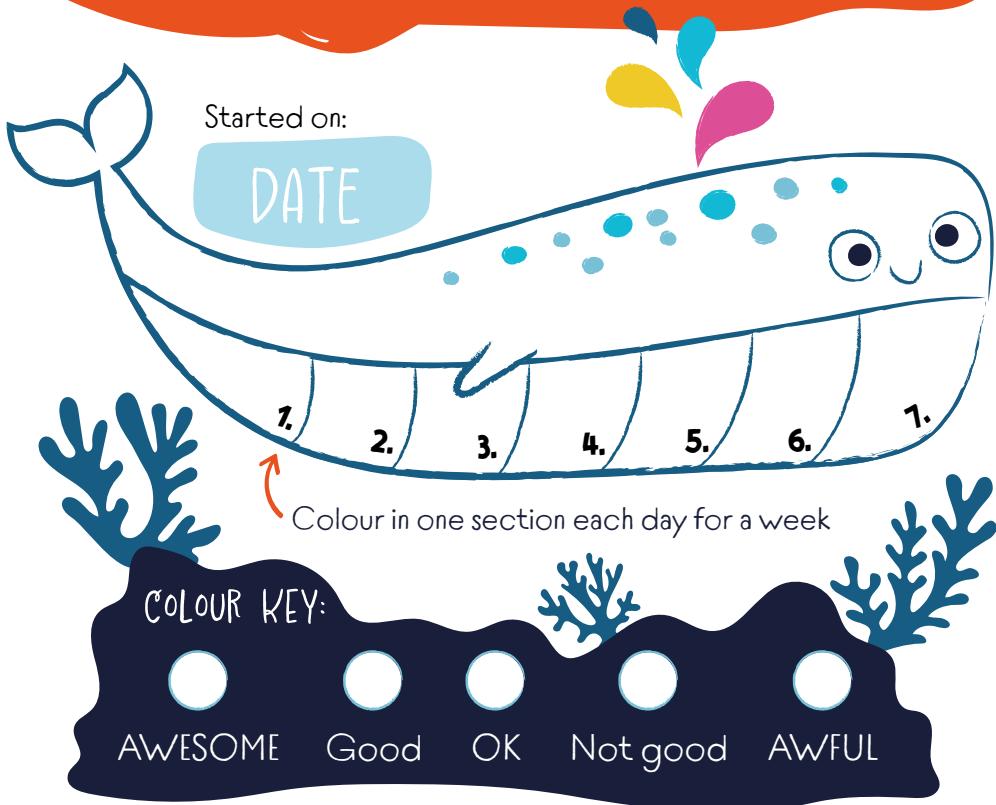
DAY/DATE

# SCRIBBLES & IDEAS

Remember, it's OK to talk about anything that's on your mind, even if seems awful or small, with your trusted adults



# 1 WEEK MOOD TRACKER



A THING THAT WAS ON  
MY MIND THIS WEEK...

A THING THAT MADE  
ME SMILE THIS WEEK...

# SELF CARE CHECKLIST

Use this checklist to keep track of your self care...  
add your own self care actions too, if you like!



**MEUR RAS**  
(Thank you)

## ACKNOWLEDGMENTS

Thank you to all the staff and pupils in schools across Cornwall who tried out and reviewed **Brilliant ME!**  
- we hope you enjoy the end result.

A huge thank you, too, to Hannah Beech from Cornwall Council Design team, for the beautiful illustrations, content creation and design.

We'd also like to thank The Shared Health Project – creators of the amazing Lemonade Project, which inspired **Brilliant ME!**

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## TELL US WHAT YOU THINK!

Whether you're a kid, a parent, a teacher or other professional, we'd really love to know what you think about **Brilliant ME!**

Please visit **[WWW.HEADSTARTKERNOW.ORG.UK/BRILLIANT-ME/BRILLIANT-ME-FEEDBACK](http://WWW.HEADSTARTKERNOW.ORG.UK/BRILLIANT-ME/BRILLIANT-ME-FEEDBACK)** or follow the QR code to share your thoughts.



**If you would like this information in another format or language please contact:**

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