



'My BRILLIANT PLACE TO BE ME!' JOURNAL FEEDBACK

Hello! Ahoy! Dydh Da! We want to know about your experiences with My Brilliant Place to be ME! journal. **Your thoughts are super important!** Please answer the questions below by choosing the smiley face that shows how you feel.

1. How do you feel when you use your 'Brilliant ME!' Journal?

- 😊 Happy
- 😐 Okay
- ☹️ Sad

2. What part of 'Brilliant ME!' do you like the most?

- 🎨 Drawing and colouring
- 📖 Writing about my day
- 🎮 Doing activities and games
- 🌈 Using stickers and decorations

3. How does the Wellbeing Journal help you?

- 💭 It helps me understand my feelings.
- 🌟 It makes me feel proud of myself.
- 🌈 It helps me relax when I'm stressed.
- 🚀 It teaches me new things about myself.

4. Do you talk to your parents / carers about 'Brilliant ME!'?

- 👍 Yes
- 👎 No

5. Do you talk to your friends about 'Brilliant ME!'?




- 👍 Yes
- 👎 No







6. What are you favourite activities in ‘Brilliant ME!’?





7. How often do you use ‘Brilliant ME!’?

-  Every day
-  A few times a week
-  Sometimes

8. Is there anything you find confusing or difficult in ‘Brilliant ME!’?

-  No, it's all good!
-  Yes, a little bit (please explain)

9. How does using ‘Brilliant ME!’ help you feel about yourself?

-  More confident
-  Happier
-  About the same
-  Not sure

10. Would you like more activities or topics in ‘Brilliant ME!’?

-  Yes
-  No

11. Anything else you want to tell us about ‘Brilliant ME!’?

• Write or draw your thoughts here:

Thank you for sharing your thoughts!
Your feedback helps make ‘Brilliant ME!’ even better!

