

Primary Wellbeing Journal



Introduction

We have been sharing the superb [Lemonade Project](#) created by Shared Health in Manchester with schools. The Lemonade Project is based on the [Boingboing Resilience Framework](#) and intended to support C&YP struggling with their wellbeing. Lemonade was originally created for teenagers and one of the project resources is the **Life and Lemons Journal** - an interactive resilience journal for young people to use themselves to help them better understand how to reflect on and cope with strong emotions.

Lemonade is becoming increasingly popular with primary schools. We have been asked for a primary school version of the Life and Lemons journal. This is now becoming a more general Primary Wellbeing Journal with flexible content made available online / in print. We'd love schools to get involved.

We aim to:

- To create content suitable for a primary school version of a wellbeing journal based on the Boingboing Resilience Framework that (that could be used alongside the Lemonade Project where used)
- Provide content suitable for KS2 in the first instance and later KS1
- Offer content as individual pages available to download free of charge for schools in Cornwall to use flexibly to meet school needs
- Produce a good quality bound and printed journal featuring some of the content in colour to be made available free of charge to give to children in schools or via parents etc.

What are we planning to do?

- Create some sample content for children to review / try out. E.g. all about me, mood tracking, mindful colouring, breathing / calming ideas, gratitude (e.g. capture '3 good things') fun activities, simple activities to understand / 'manage' feelings, 5 ways to wellbeing ideas...
- Ask for ideas for content (including YP artwork) to include in the journal
- To involve schools in the development of the content from idea through design (alongside an artist / designer) to the finished product.
- Work with other colleagues supporting MHWB in the primary schools to provide a shared resource.

How?

- During spring 2023 circulate content to interested schools
- Meet with pupils (in Summer post SATS as appropriate) in a selection of schools to talk about the idea of the journal and the sorts of activities that could be included
- Gather additional ideas / suggestions for content
- Gather feedback on draft / developing content
- Involve pupils in the design process as the journal comes together.

Interested?

Get in touch. kate.pordage@cornwall.gov.uk / 07484 916974. We'll send out more information plus a copy of the Lemonade resources including the existing Life and Lemons Journal and an outline of content ideas so far.



www.headstartkernow.org.uk - main school support website



www.hub.headstartkernow.org.uk - (on demand bite size CPD / webinar recordings)



www.startnowcornwall.org.uk - Young people's website

