

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 more) are available to download and print, for free, from [WEB ADDRESS](#).

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

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