

My Wellbeing Booklet



Name: _____

Year: _____

All about me...

We are all special in our own way. This page is to find out about your personality, opinions and all about you!

My favourite things are:



I am good at:



Things I find difficult are:

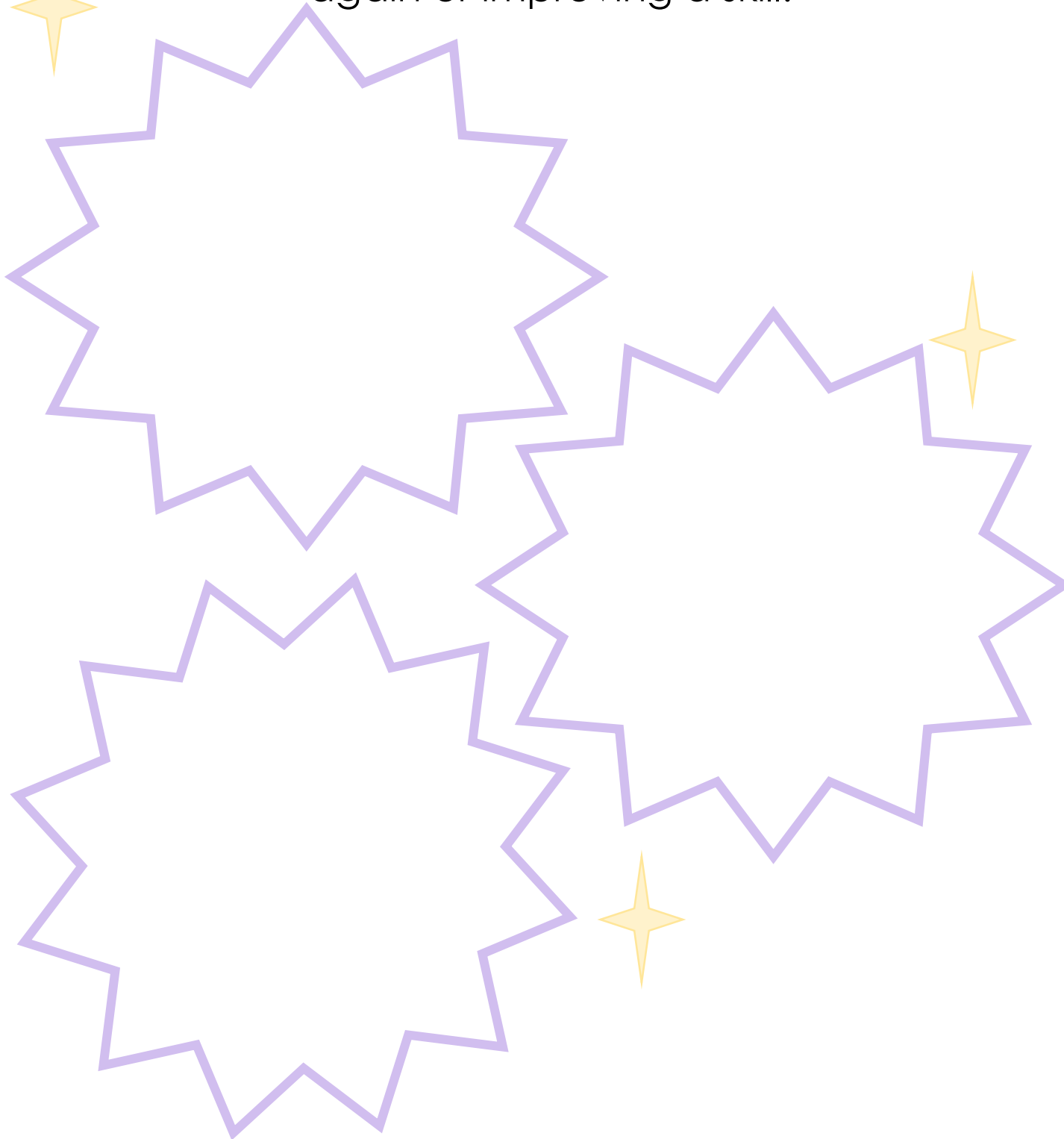


Words that describe me:



What I'm looking forward to this year...

Write down three things that you are looking forward to doing this school year. This could be learning a new subject, seeing your classmates again or improving a skill!



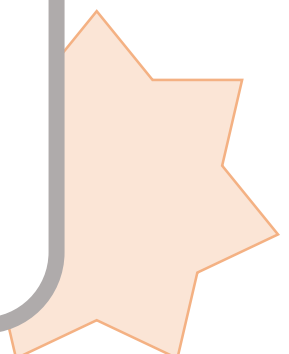
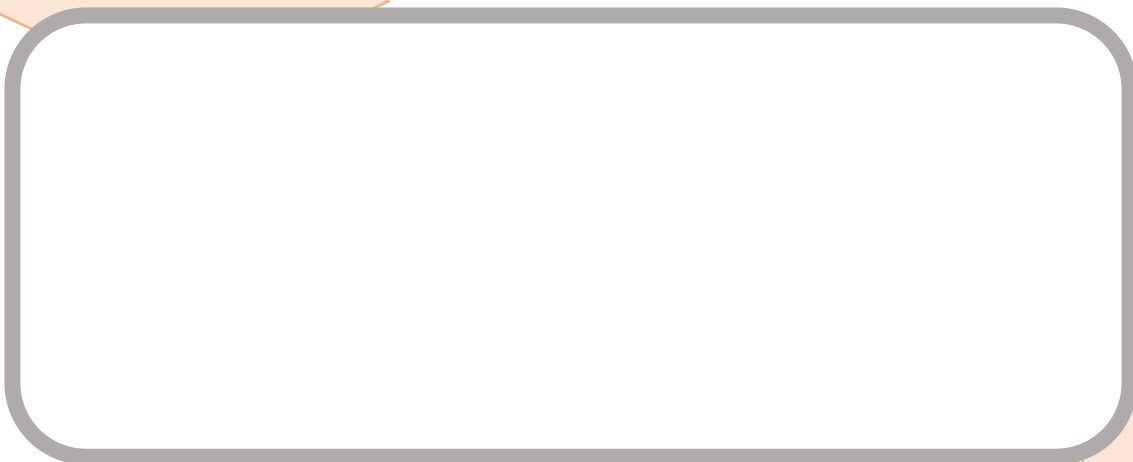
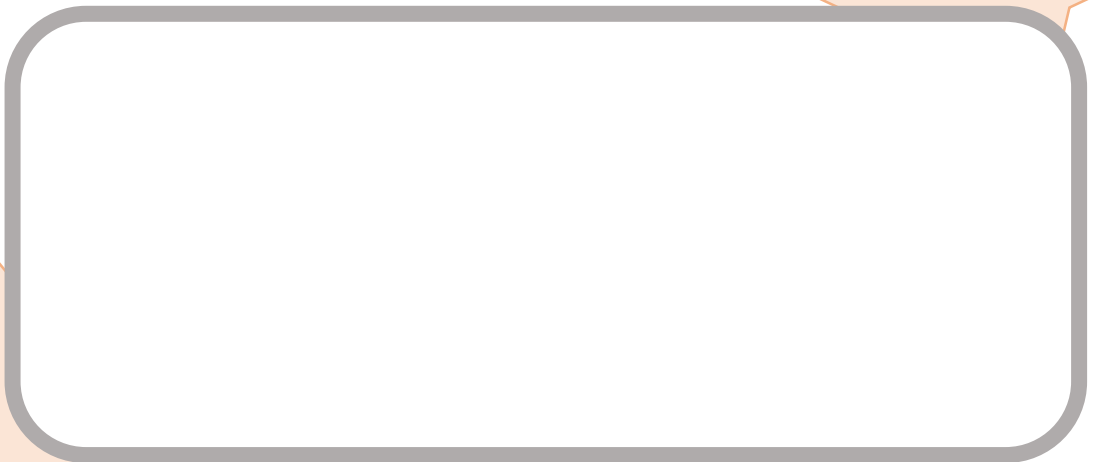
My Worry Buster!

Write down some of the worries you have about coming back to school. Next to each worry, think about how you can cope with the worry, or create a solution to the problem.



This school year...

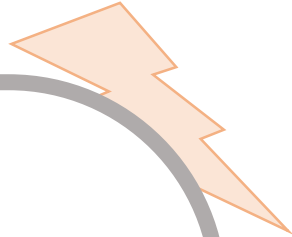
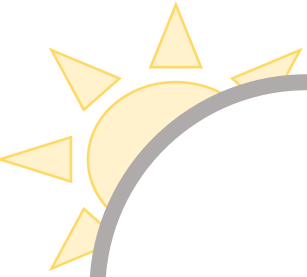
Think about this school year, what are three things you want to achieve this year? This doesn't have to be to do with your school work. Then think about how you will **achieve this**.
e.g. I want to run faster SO I will practice every day and work hard in P.E.



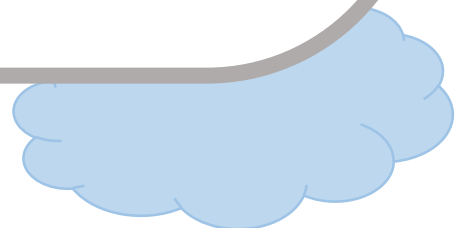
How am I feeling?

In this box, you can draw how you are feeling.
You can draw your emotions through the
weather.

e.g. if you are happy but nervous, it might be sunny
and cloudy. If you are worried and sad, it could be
raining and stormy.

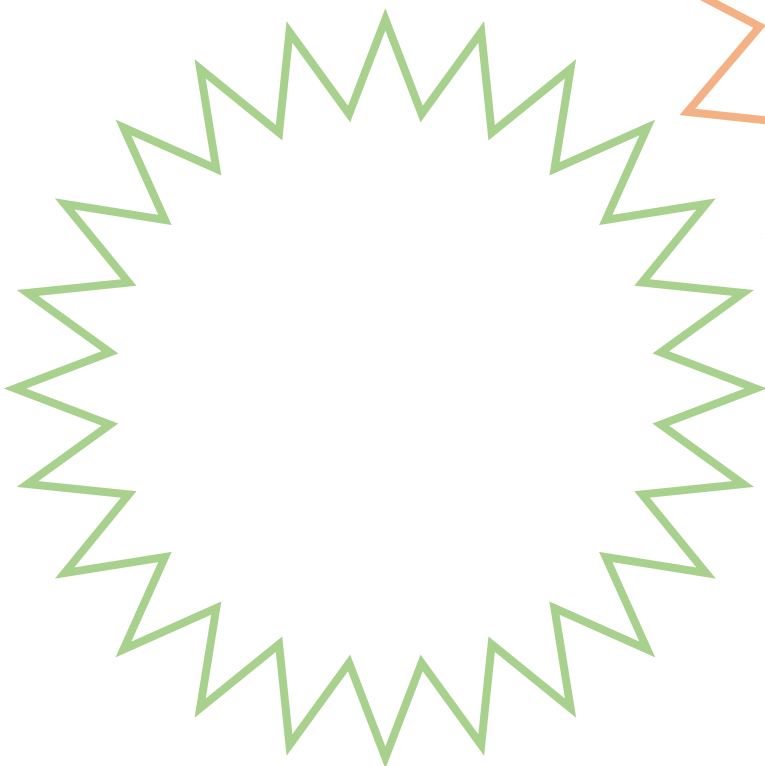
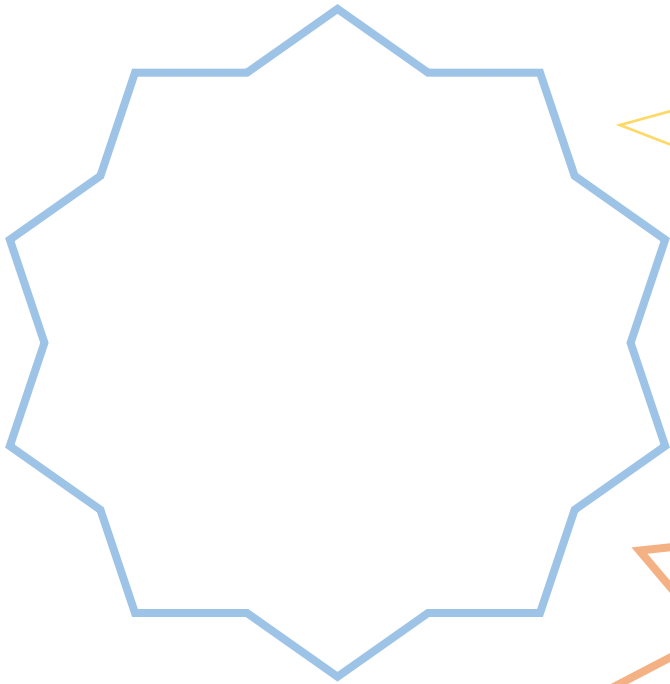
A large, empty rounded rectangular box with a thick grey border, intended for drawing weather-related emotions.

If your weather is bad, think about
ways you can bring out the sun!



What kind of friend am I?

Remembering all the ways you are a brilliant friend will boost your **self-esteem**. In each of the stars below, write one way you are a great friend. e.g. 'I help my friends when they are sad'.

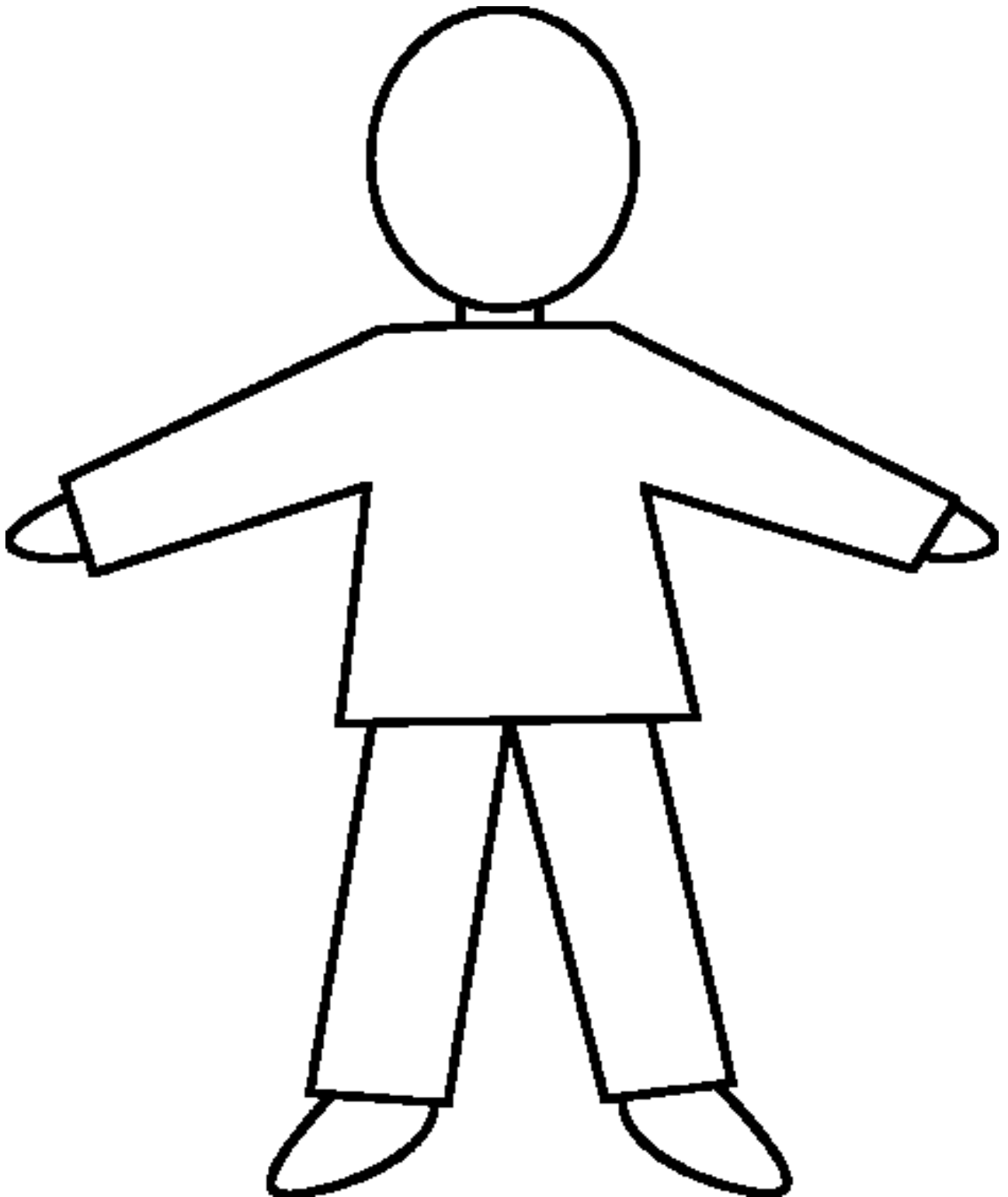


Paper me...

Write down as many great **qualities** about yourself as you can, inside the outline. You can use



different colours to create clothes.
e.g. Kind, caring, funny, interesting.



Your friends...

We all love our friends, and classmates. Think about one of your friends – what do you have in common with them? What is different?

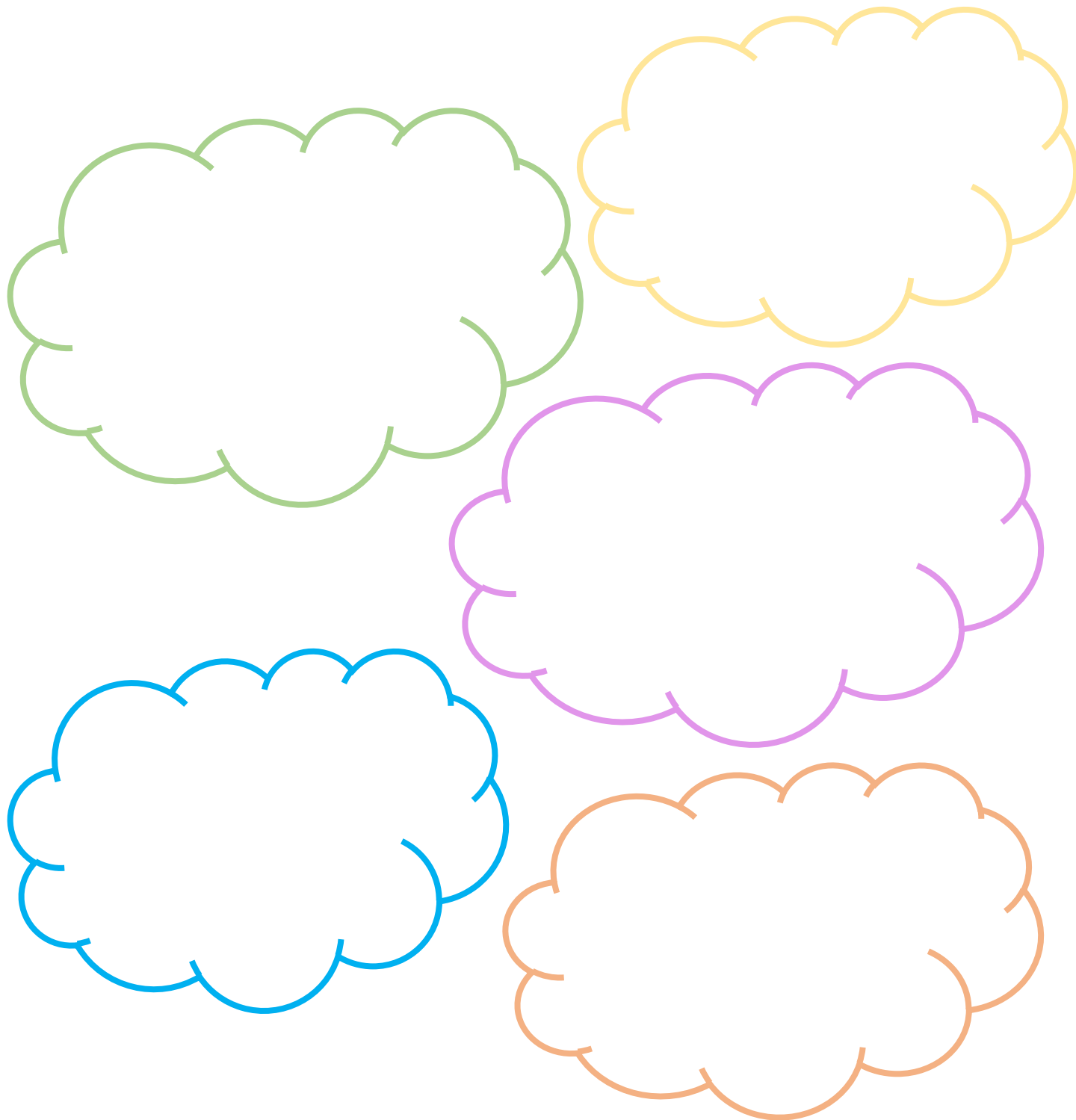
Draw or write about you and your friend here, e.g. your favourite food, subject, colour.



We are all different, and that is great!

Proud Cloud!

Sometimes, we all forget how far we've come and what we've got to be proud of. In each cloud, write something you are proud of. e.g. improving in a subject, learning a new skill or being a good friend.



My Treasure Box!



In this box, you can include all the things that are **special to you**. Think about what you would put in a treasure box. This doesn't have to be only objects, it can be people, pets or things you enjoy.

e.g. I might draw a picture of my favorite book my dog, my friends and

A large, empty rounded rectangular box with a thick grey border, intended for drawing or writing. The corners are smoothly rounded.



I am amazing...



You're amazing! Let's remind ourselves why.
Can you finish these sentences?

I feel proud when I...

I have fun when I...

This week, I have done well at...

Next week, I will try...

What makes you feel good?

Write down, or draw, different things that make you feel good and give you **high self-esteem**.

e.g. you might draw playing with your friends, or doing a hobby.

A large, empty rounded rectangular box with a thick grey border, intended for the user to write or draw their responses.

Could you do one of these things each day?



What makes you feel bad?

What makes you feel bad about yourself, or gives you **low self-esteem**?

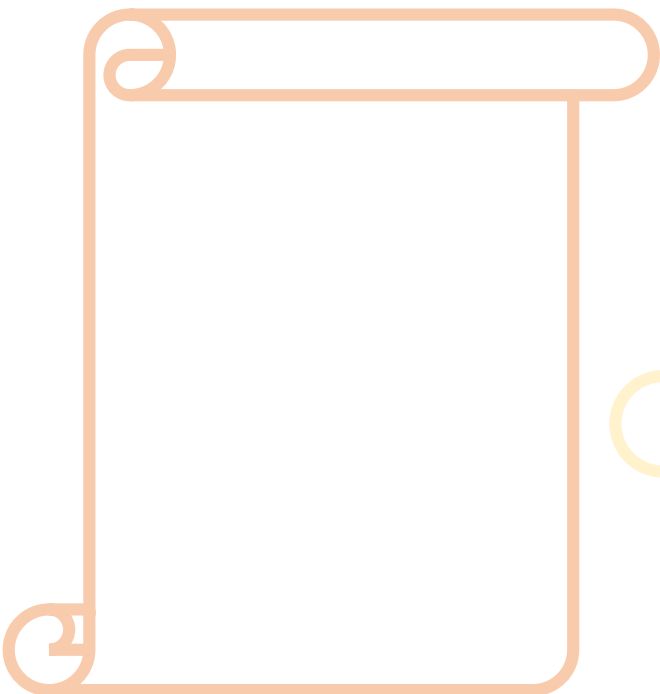
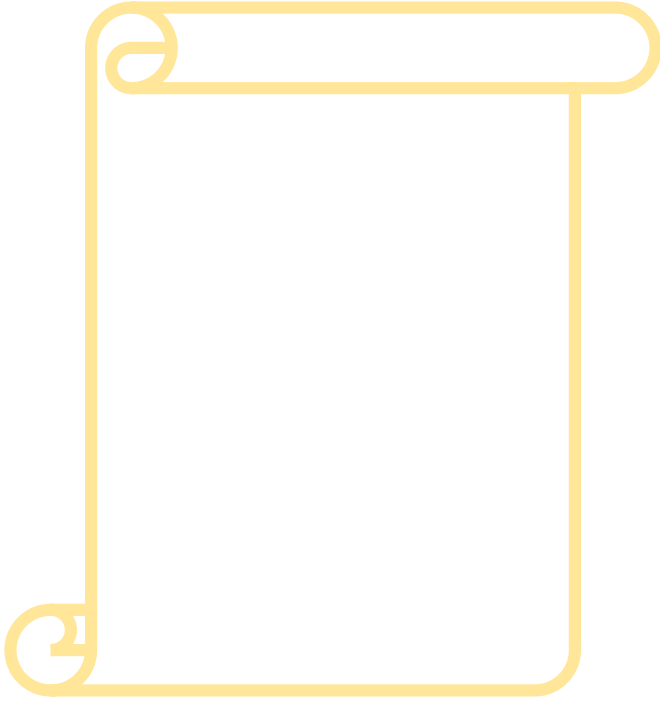
e.g. feeling left out or struggling with your school work.

A large, empty rounded rectangular box with a thick grey border, intended for the user to write their answer to the question above.

It's normal for us to feel bad sometimes. What makes you feel bad, might also make a lot of your friends feel the same. Think of ways to help each other feel less low self-esteem.

I'm an expert!


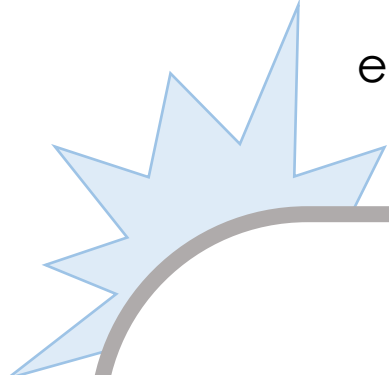
We all have different skills and talents. Write in each certificate a subject that you know all about.
e.g. I know my football team, I can speak another language or I know all about the Romans.



I am brave!

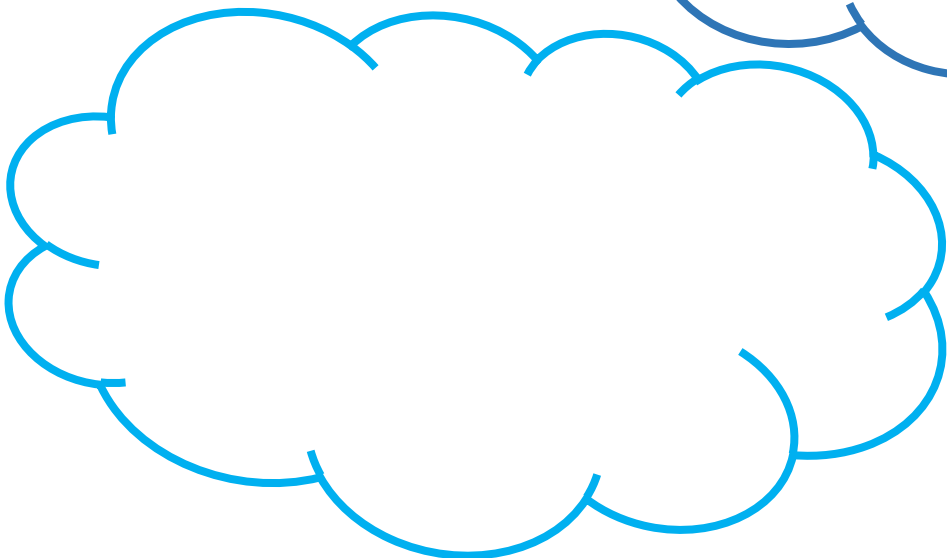
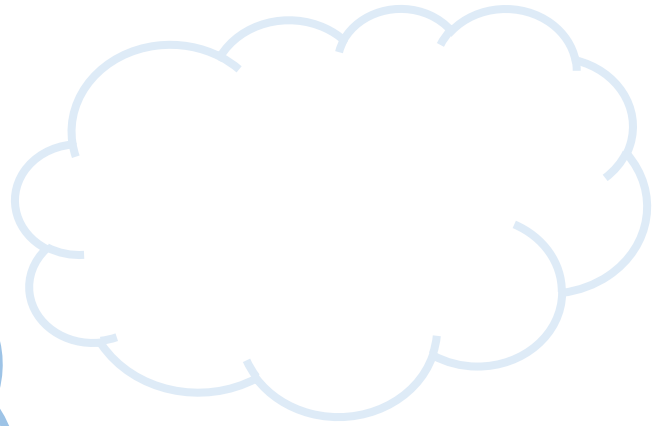
Remembering how brave we can be will boost our **self-esteem**. Think of the time when you have been really brave. Draw or write about it below.

e.g. I could write about how I faced my fears and went to the dentist.



And, relax!

It is important that we all take time to **relax**. This helps us calm down and control our emotions. In each cloud, write a way that you relax and unwind. e.g. reading a book or playing a game.



Helping others...



What am I going to do today to help someone else?

Set yourself a challenge to help someone else, you will feel great for doing it and you will put a smile on someone else's face.

Can you help your siblings with their work, could you read to them? Can you help your parents/carers with the washing up?

A large, empty rounded rectangular box with a thick grey border, intended for writing answers to the questions above.

My future plans...



What do you want to be when you grow up?
Draw or write about what kind of life you want
when you're an adult.

Think about what job you would like, where you
want to live, what pets you would have, and
what you would do for fun.

A large, empty rounded rectangular box with a thick grey border, intended for drawing or writing about future plans.