## Wellbeing Activity

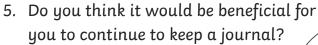
**Task:** Keep a wellbeing journal. Explore your thoughts and feelings. Reflect on what you have documented to help you to learn more about yourself.

## Information about task:

- Journaling helps to make sense of your thoughts and feelings.
- It should be a daily activity, at a time that suits you.
- It is personal to you there is no right or wrong way to do it.
- You can choose to use sentence starters such as:
  - 3 things I am grateful for....
  - · Today I enjoyed...
  - Tomorrow I am looking forward to...
  - · This week's highlights were...
  - This week's challenges were...

## Questions

- 1. Did you enjoy this task?
- 2. What did you learn about yourself?
- 3. Did you notice any patterns in your behaviours or feelings?
- 4. Did journaling have an impact on you in any way? How?











## Top Teacher's Tips

- Think about the type of journal that appeals to you:
  - · Handwritten?
  - On a smart device?
- What headings will be useful for you? Customise them to suit yourself.
- You can also use your journal to set personal goals for yourself.
- Make time to reflect on what you've written what patterns are emerging?



