

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?
5. Do you think it would be beneficial for you to continue to keep a journal?



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?

