

# eduKtion.

Early Childhood and Primary with Miss Katie

## THANK YOU

Hello!

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Please tag me on instagram @edu.ktion in any posts so that I can see all the wonderful ways you use these resources.

I would also love to hear any feedback you have! Send me a message on instagram or leave a comment on my TpT.

**I ask kindly that you do not resell or distribute my resources online.**

*Miss Katie*♥

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# PRINTING INSTRUCTIONS

It is recommended that you print this document **double-sided** to ensure the correct layout and page order.

Once printed, fold pages along the dotted line and assemble following page numbers.  
Alternatively, you can cut along the dotted line and staple or thread the book together.

**eduKTion.**

Early Childhood and Primary with Miss Katie



"Aim for the moon.  
Even if you miss, you'll land among  
the stars."

@edu.ktion



# My WELLBEING Journal

Name:



# Contents

<b>All about ME</b>	<b>3</b>
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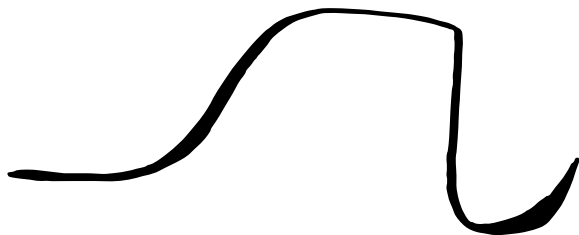
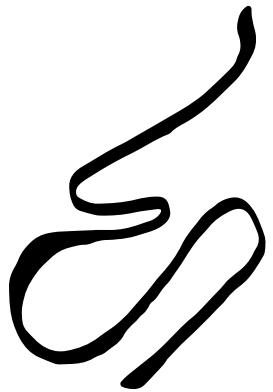
## A special note just for ME



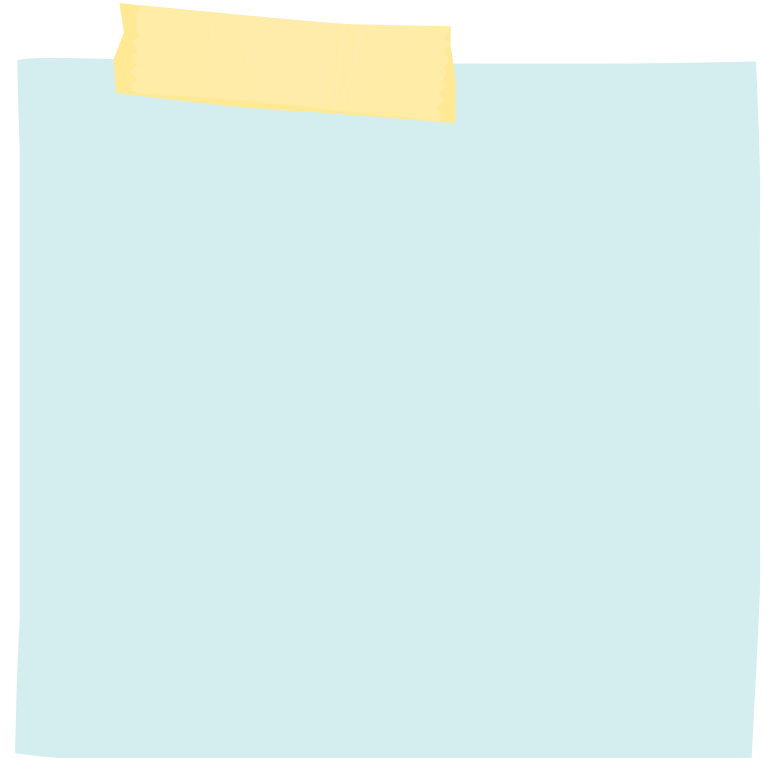
A light blue rectangular notepad with horizontal blue lines, held by two yellow sticky tabs at the top corners.

Write a special note or quote for yourself for those times when you need a little more inspiration.

Use your imagination to turn  
these 'mistakes' into something  
incredible!



**All about ME**



**Check out my self-portrait!**



# ALL ABOUT ME

**Birthday:**



**Age:**

**Grade:**

**Nationality:**



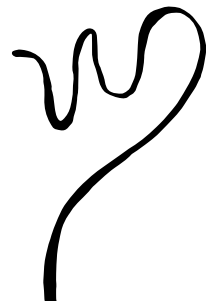
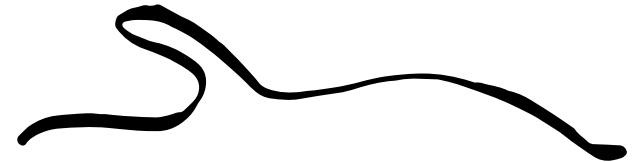
**People in my family:**



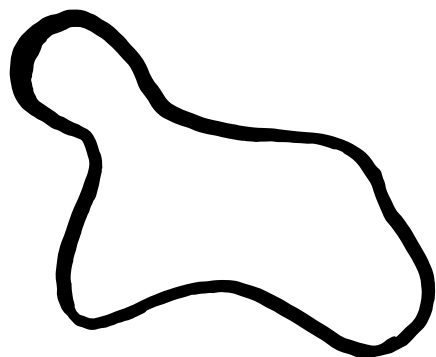
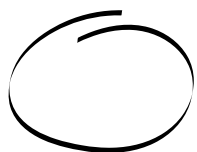
**A dream I have:**



**Use your imagination to turn these 'mistakes' into something incredible!**



Use your imagination to turn these 'mistakes' into something incredible!



**School subject:**

**Movie/TV show:**

**Book:**

**Colour:**

*All of my...*  
**FAVOURITE**  
*things!*

**Place:**

**Animal:**

**Activity/Sport:**

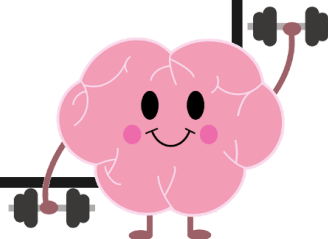
**Food:**

# MY STRENGTHS

I can do this!

# MY CHALLENGES

I can't do this YET!

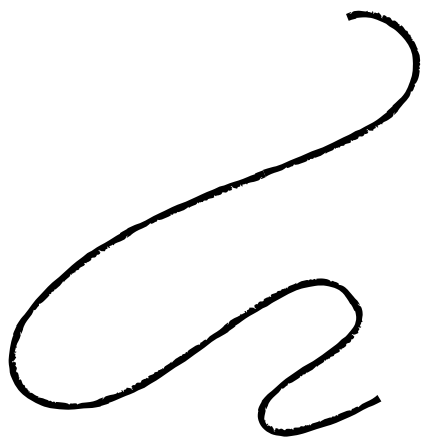


Use your imagination to turn these 'mistakes' into something incredible!





Use your imagination to turn these 'mistakes' into something incredible!

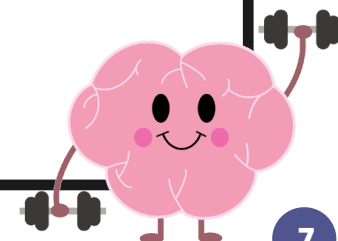


## MY STRENGTHS

I can do this!

## MY CHALLENGES

I can't do this YET!





YOU ARE



CAPABLE

of

AMAZING



THINGS



## MY HEALTHY LUNCHBOX

Create and label your healthy lunchbox.  
For a healthy lunchbox try to pick & mix something from each  
of the five core food groups!



1. Fruit (fresh, frozen, pureed and canned in natural juice)
2. Vegetables, legumes and beans
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans
5. Grain (cereal) foods

# HEALTHY HABITS

## WORD SEARCH

M	G	G	S	G	N	I	L	E	E	F	M	N	N	P
E	N	N	E	V	V	T	J	Z	P	F	O	C	U	L
D	I	I	I	D	E	S	S	E	N	I	P	P	A	H
I	H	E	F	D	B	G	P	W	T	L	V	E	S	P
T	T	B	D	A	A	E	E	A	L	J	C	L	Q	A
A	A	L	U	V	M	E	C	T	Z	N	D	P	P	I
T	E	L	A	F	F	I	R	M	A	T	I	O	N	S
I	R	E	Y	W	N	D	L	L	C	B	S	I	M	E
O	B	W	A	U	B	X	A	Y	K	I	L	A	M	L
N	V	T	M	K	Z	B	V	C	T	X	U	E	X	F
W	E	M	S	N	O	I	T	I	R	T	U	N	S	L
R	O	V	L	Q	R	V	V	T	I	U	R	F	J	O
C	E	X	E	R	C	I	S	E	C	G	G	A	R	V
D	C	D	E	L	T	F	R	I	E	N	D	S	U	E
Q	L	H	P	Y	G	R	A	T	I	T	U	D	E	J

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> AFFIRMATIONS  | <input type="checkbox"/> HAPPINESS  |
| <input type="checkbox"/> BALANCE       | <input type="checkbox"/> MEDITATION |
| <input type="checkbox"/> BREATHING     | <input type="checkbox"/> NUTRITION  |
| <input type="checkbox"/> COMMUNICATION | <input type="checkbox"/> POSITIVITY |
| <input type="checkbox"/> EXERCISE      | <input type="checkbox"/> READING    |
| <input type="checkbox"/> FAMILY        | <input type="checkbox"/> SELF-LOVE  |
| <input type="checkbox"/> FEELINGS      | <input type="checkbox"/> SLEEP      |
| <input type="checkbox"/> FRIENDS       | <input type="checkbox"/> VEGETABLES |
| <input type="checkbox"/> FRUIT         | <input type="checkbox"/> WATER      |
| <input type="checkbox"/> GRATITUDE     | <input type="checkbox"/> WELLBEING  |

I am a goal setter,  
GOAL-GETTER!

ACADEMIC GOAL:

PLAN FOR SUCCESS:

(How can I achieve this?)



## PERSONAL GOAL:

## PLAN FOR SUCCESS:

(How can I achieve this?)

Time frame to achieve these goals:

## I can make HEALTHY CHOICES!

Colour in all the healthy foods that will  
give your body all the nutrients it needs!



## HEALTHY BODY, HEALTHY MIND

Date:

3 kind things I did for my body today...

- 
- 
- 

3 nutritious foods I ate today...

- 
- 
- 

3 positive thoughts I had today...

- 
- 
- 

I am a goal setter,  
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GOAL-GETTER!

ACADEMIC GOAL:

PLAN FOR SUCCESS:

(How can I achieve this?)



## PERSONAL GOAL:

## PLAN FOR SUCCESS:

(How can I achieve this?)

Time frame to achieve these goals:

LIST SOME THINGS THAT HELP US KEEP A  
HEALTHY BODY & HEALTHY MIND





# HEALTHY BODY, HEALTHY MIND...

What does 'healthy body, healthy mind' mean to you?  
Why might this be important?

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## *MINDSET IS POWER*

Rewrite these statements from a growth  
mindset perspective...

I give up



I'm not good  
at this



I can't do this,  
I'm going to  
fail



I made a  
mistake



This is good  
enough, I won't  
try any harder

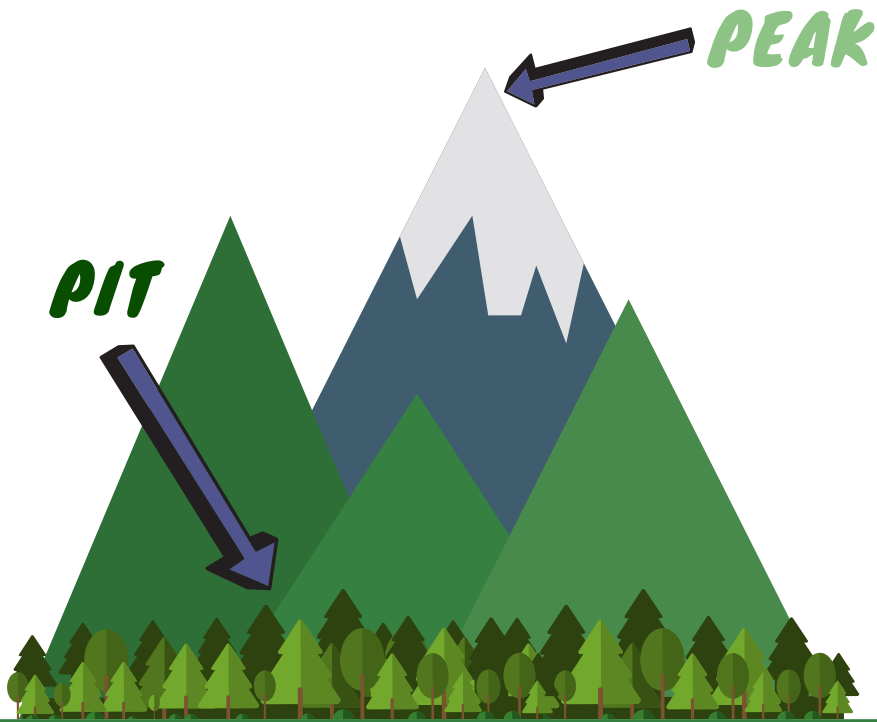


# PITS & PEAKS

Evaluate your day using the pits and peaks strategy.

The 'pits' are the low or challenging aspects of your day. The 'peaks' are the highlights or achievements from the day.

Learn from these pits and reflect on how you can turn them into peaks!



CREATE A POSITIVE AFFIRMATION USING EACH LETTER OF  
YOUR FIRST NAME

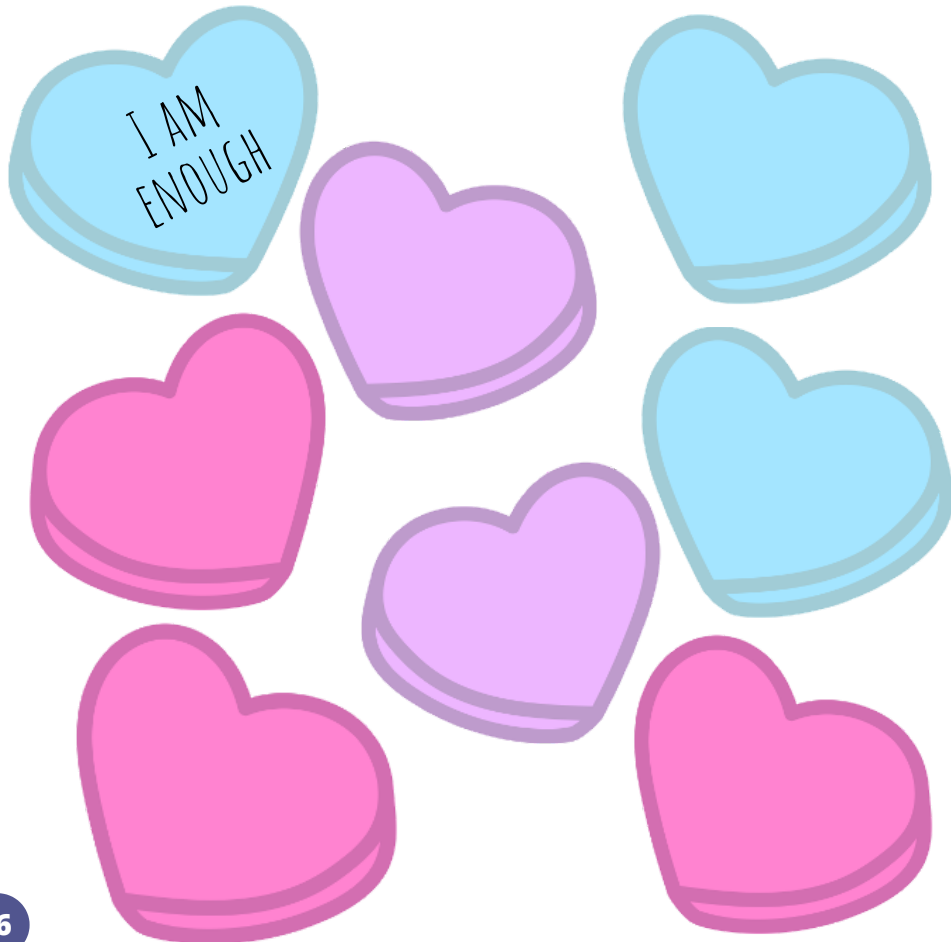
**I AM...**

NAME:

AFFIRMATION:

# POSITIVE AFFIRMATIONS

Write yourself some positive affirmations  
that you can use in the future.



## 3 PITS:

- 
- 
- 

## 3 PEAKS:

- 
- 
- 

SELECT 1 PIT, HOW CAN YOU TURN THIS INTO A PEAK?

A large empty rectangular box for writing.

### 3 PITS:

- 
- 
- 

### 3 PEAKS:

- 
- 
- 

SELECT 1 PIT, HOW CAN YOU TURN THIS INTO A PEAK?

Let's talk about...

# POSITIVE AFFIRMATIONS



**Positive affirmations are statements or phrases that you repeat to yourself, daily or weekly perhaps.**

**Positive affirmations improve our well-being, mood and confidence by filling our mind with positive thoughts. This helps to change our attitudes and mindset as what you believe, you can achieve!**

**An example of a positive affirmation is:  
I am strong.**

# GRATEFUL FOR...

[illegible]

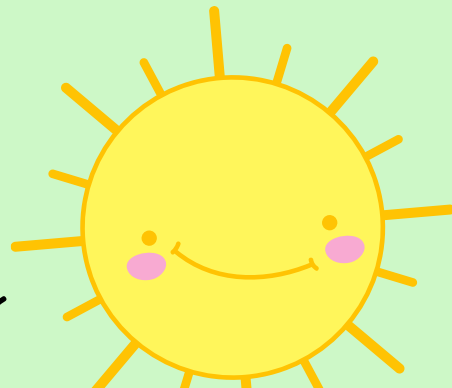
### 3 PITS:

- 
- 
- 

### 3 PEAKS:

- 
- 
-

Our  
**CHALLENGES**  
are opportunities to  
**GROW**



## GRATITUDE PROMPTS

Complete the sentences below

A person that I am grateful for is...



Something interesting that I am grateful for is...



A place that I am grateful for is...



An opportunity that I am grateful for is...



# GRATITUDE PROMPTS

Complete the sentences below

Something in nature that I am grateful for is...



A memory that I am grateful for is...



Something that changes that I am grateful for is...



A challenge that I am grateful for is...



LET'S TALK ABOUT...

# FEELINGS



HOW ARE YOU

# FEELING?

Draw a picture to represent how you are feeling.

# GRATITUDE PROMPTS

Complete the sentences below

A strength of mine which I am grateful for is...



Something money can't buy that I am grateful for is...



Something that comforts me that I am grateful for is...



Something funny that I am grateful for is...





## 3 THINGS TODAY THAT I AM

WHAT I AM *grateful* FOR...

**Date:**

1.

## 2.

### 3.

**Date:**

1.

## 2.

### 3.

**Write a short story about feeling PROUD.**  
**This can be a personal experience or a fictional story.**

**Write a short story about feeling PROUD.**

**This can be a personal experience or a fictional story.**

**Write a short story about feeling CONFIDENT.**  
**This can be a personal experience or a fictional story.**

24

Date:

Date:39

3 THINGS TODAY THAT I AM  
*grateful* FOR...

Date:

1.

2.

3.

Date:

1.

2.

3.

What makes you feel **better** when  
you feel...



# I CAN... MANAGE MY EMOTIONS

Read the following problems and answer  
the questions below.

The bell rings and Thomas is lining up at the door waiting to go inside. Liam wants to be first in line so he pushes Thomas out of the way and takes his spot.

How do you think Thomas is feeling?

What is the problem and how could Thomas solve it?

# GRATITUDE

WHAT DOES GRATITUDE MEAN TO YOU?

WRITE THE DEFINITION OF GRATITUDE...

YOU CAN'T HAVE A



WITHOUT A LITTLE RAIN

## I CAN... MANAGE MY EMOTIONS

Read the following problems and answer  
the questions below.

Lily and Jack are playing on the playground together.  
Jack tells Lily he doesn't want to play with her anymore  
and runs away, leaving Lily by herself.

How do you think Lily is feeling?

What is the problem and how could Lily solve it?

# I CAN... MANAGE MY EMOTIONS

Read the following problems and answer  
the questions below.

Jake is on an excursion at the zoo with his class. Jake stops to watch the elephants but when he turns around everyone is gone. Jake is lost and can't find his teacher.

How do you think Jake is feeling?



What is the problem and how could Jake solve it?



# CIRCLE OF CONTROL

Write or draw things that you CAN control INSIDE the circle.  
Things you CANNOT control go OUTSIDE the circle.  
Two examples are completed for you.

WHAT I CANNOT CONTROL

How other  
people behave

WHAT I CAN CONTROL

How I treat other people

# DON ' T WORRY ABOUT THINGS YOU CANNOT CONTROL .

There are many things that may cause us to feel worried, stressed or anxious.

Many of these things we **CAN** control, and there are many things we **CANNOT** control.

When we realise that we are worrying over something that we **CANNOT** control, we must let it go and stop wasting our time, energy, and emotions on it.

Next time you find yourself worrying about something, ask yourself "is this something **IN** my **Circle of Control**?" if the answer is **no**, use coping strategies to manage these emotions and let it go.

Use the template on the next page to help you.

Draw a line to match the  
face to the feeling...



surprised

happy

proud

calm

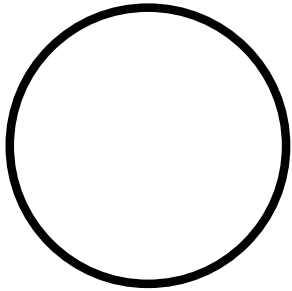
worried

tired

# My strategies to cope with **BIG FEELINGS**

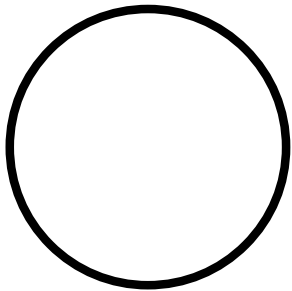
Draw the feeling:

List 2 things you can do when you feel...



**I feel ANGRY.**  
My heart is racing, I want to scream  
and run.

- 
- 



**I feel FRUSTRATED.**  
I want to give up and tear my work  
into pieces.

- 
- 

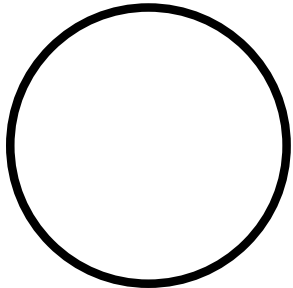




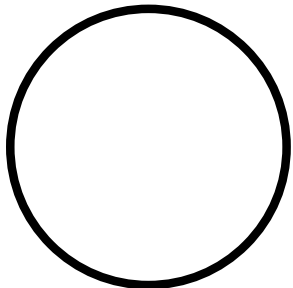
# My strategies to cope with **BIG FEELINGS**

Draw the feeling:

List 2 things you can do when you feel...



**I feel SAD.**  
My heart feels heavy and my eyes  
are tearing up.



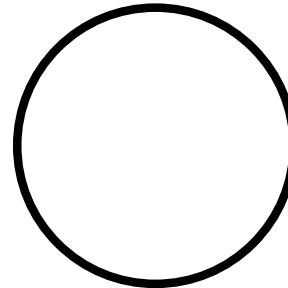
**I FEEL EMBARRASSED.**  
I feel like I am being judged and I  
want to hide.



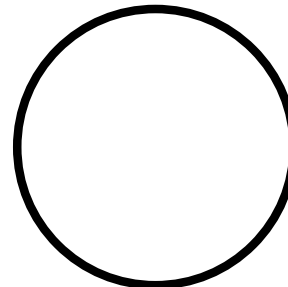
# My strategies to cope with **BIG FEELINGS**

Draw the feeling:

List 2 things you can do when you feel...



**I feel NERVOUS.**  
I am worried and feel unsure about  
doing something new, I want to cry.



**I feel SCARED.**  
I feel like I am trembling, I am afraid  
something bad will happen.

