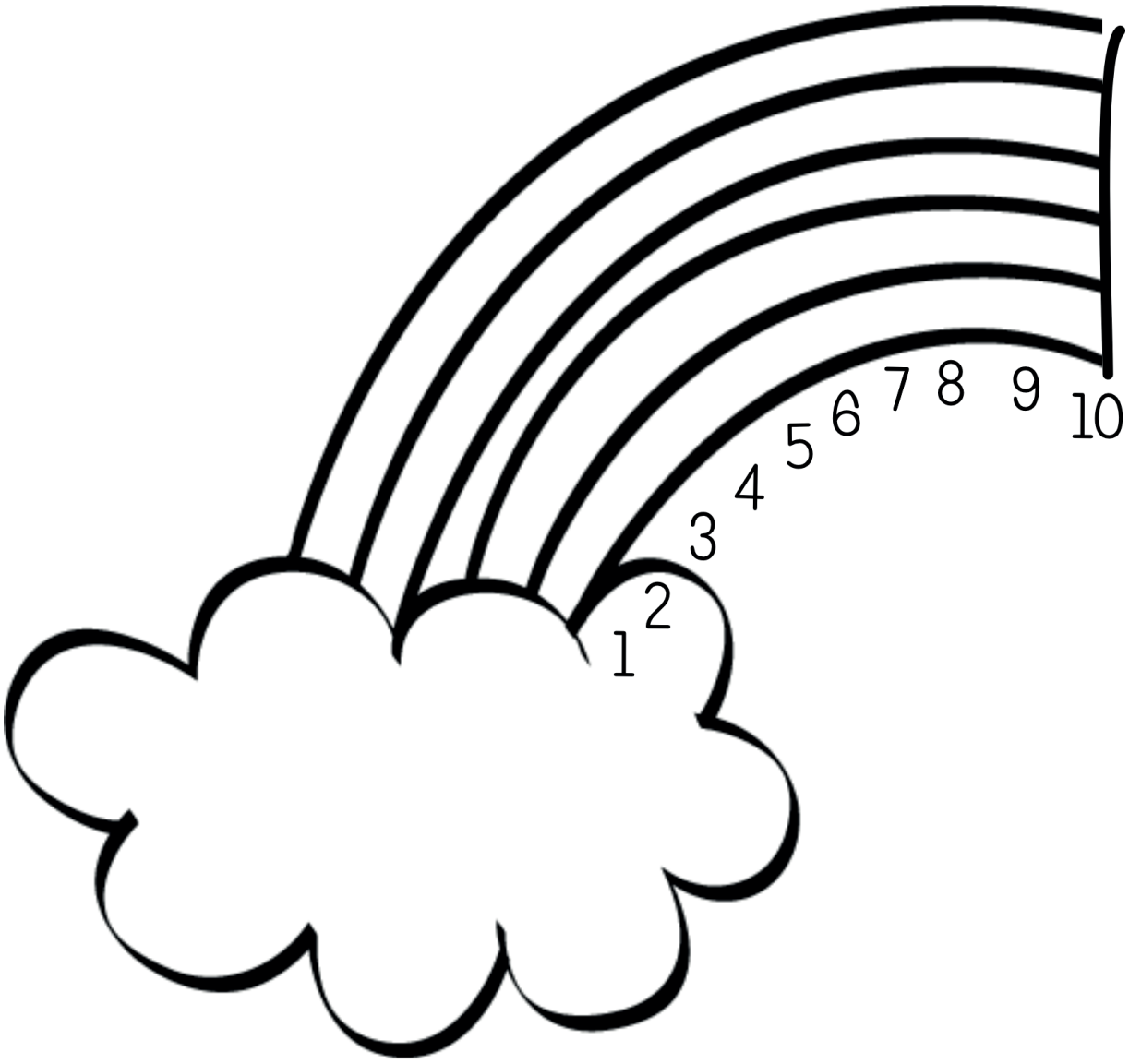
BACK TO SCHOOL



_____'s Journal

Keep Off!

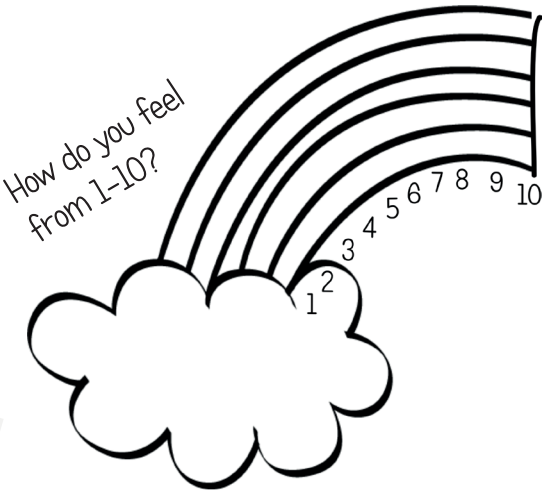
The ROAR! Response to Mental Health in Primary Schools

Ideas and exercises used with permission of Merseyside Youth Association

HOW AM I TODAY?

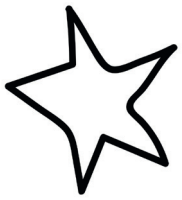
Colour or circle the pictures, words and song lyrics that describe best how you feel today:





I think that I feel like this because...

Some things that make me happy are:



Some things that make me unhappy are:



Mental health is something we all have. It affects the way that we feel and behave. Just like our body can be healthy or get sick, so can our minds.

Draw or write in the bubble to show what this means to you.



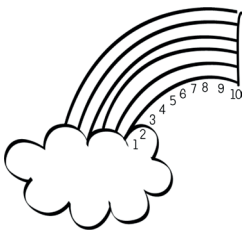
ONE DAY IN LOCKDOWN

Use this space to plan a piece of writing about a day in lockdown. It could be about you or a made-up character. Don't forget to think about how they/you were feeling.

In the morning...

In the afternoon..

In the evening...

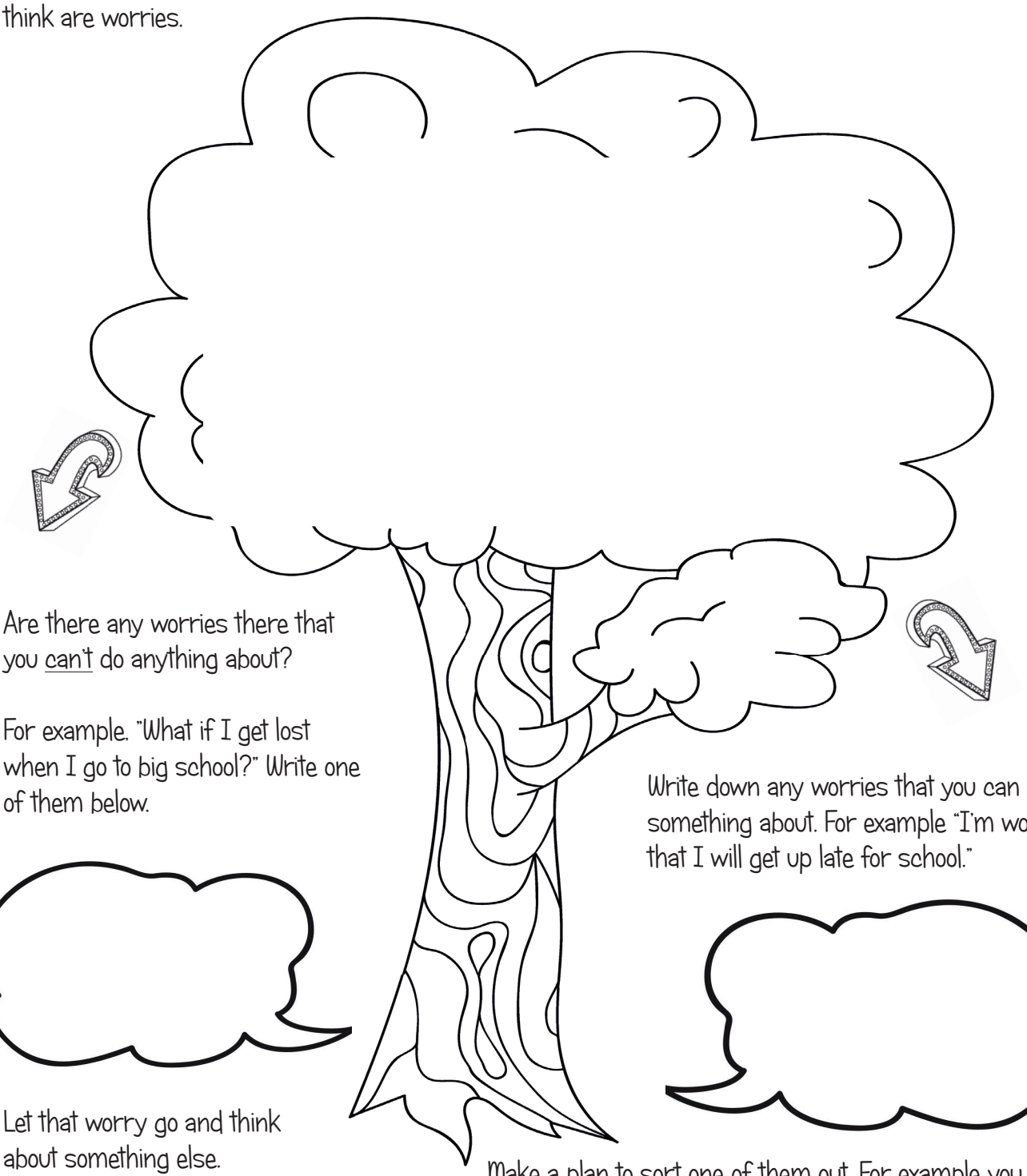


The best part of the day was..

WHAT IF I'M WORRIED?

Worrying is thinking too much about something bad that could happen. It is okay to worry. We all worry. particularly when we are in new situations. and it is normal.

Write or draw in the tree some of the things that you are thinking about. Draw a circle around any that you think are worries.



Are there any worries there that you can't do anything about?

For example. "What if I get lost when I go to big school?" Write one of them below.

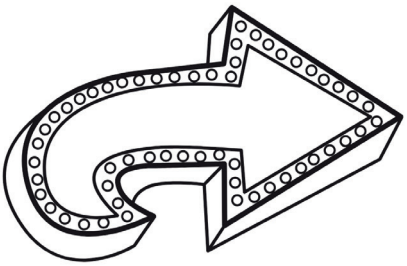
Let that worry go and think about something else.

Write down any worries that you can do something about. For example "I'm worried that I will get up late for school."

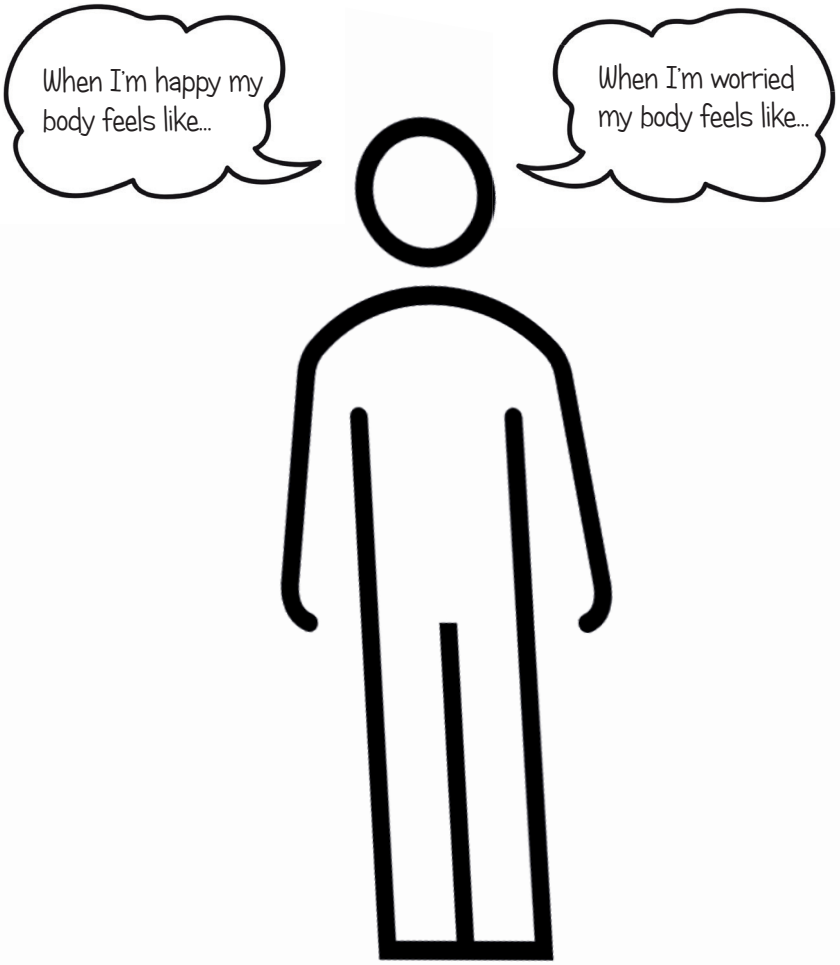
Make a plan to sort one of them out. For example you could set an alarm to make sure that you get up.

If you can't sort it out right now you can let that worry go and think about something else.

Write or draw some things that help you to relax and think about things that makes you happy



We can often feel worry inside our bodies or notice things happening to our body when we worry. It is okay, it is our body's way of keeping us safe. Noticing what is happening to your body and knowing that it is just the body worrying can help us feel better.



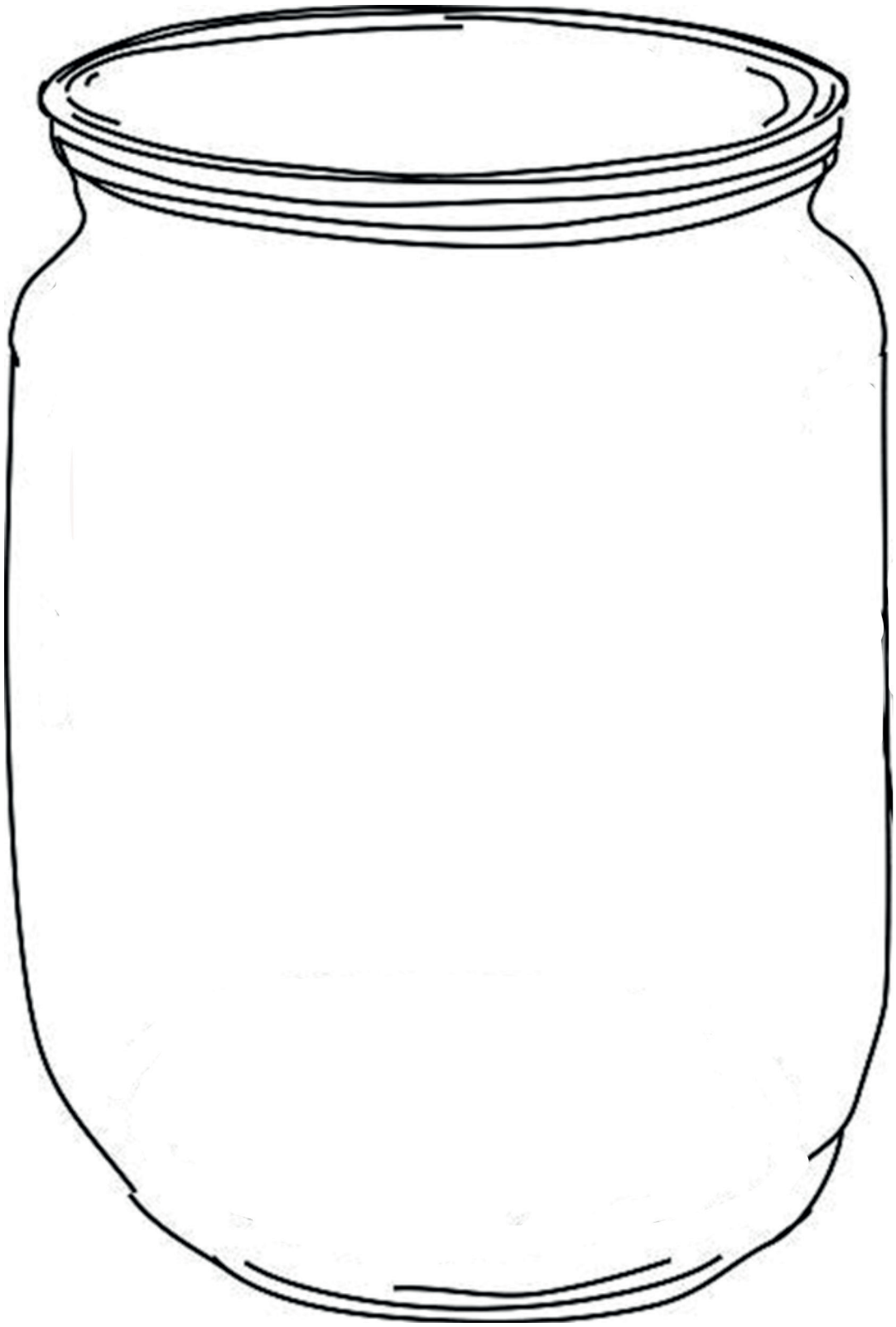
Write or draw how your body feels when you are happy and how your body feels when you are worried.



Write a short poem about worries:

WHAT'S BEEN GOING ON?

Draw or write inside the jar to show what life has been like for you during lockdown



Our mental health is a bit like that jar. When it is full it will overflow causing us to feel, think and behave in certain ways. When we have lots of good and happy things in our jar we can feel happy, think nice things and enjoy having fun. When we have lots of sad, frustrating, frightening or stressful things happening in our life, this can make us feel angry, sad or worried, and we might behave differently to how we normally do.

The things that I liked during lockdown were...

The things that I didn't like during lockdown were...

Write or draw 2 nice things that you would like to add to your jar that you know would make you feel good.

hope

RESILIENT ME

Each time we go through change we get new skills that make us stronger for the next time change happens- think of them as superpowers! Or what we call RESILIENCE. Our superpowers help us bounce back when things have been tough and we have been feeling sad or worried.

I have been through change when...



Design a resilient superhero that represents you.

Who is in your superhero team?

- Friends?
- Family?
- Teachers?
- Sports coach?
- Dance teacher?
- Pets?

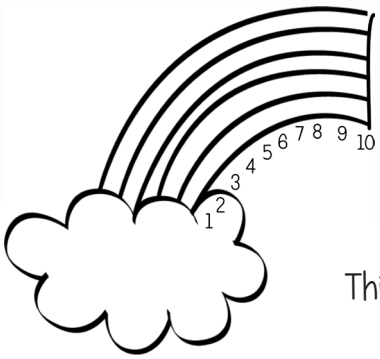
Write or draw your super resilient powers in the 'POW' box.



Superpowers you may have
(tick which ones you have)

- I eat fruit and vegetables
- I get good sleep
- I have friends
- Good memories
- I am brave to try new things
- I like school
- I can plan things
- I can solve problems
- I can calm down when I need to
- I know I can talk to someone when I am unhappy
- I can have laugh and a giggle
- I have talents

Which ones would your team say that you have?



One resilience power that I would like to develop is...

Thinking about my resilience makes me feel...

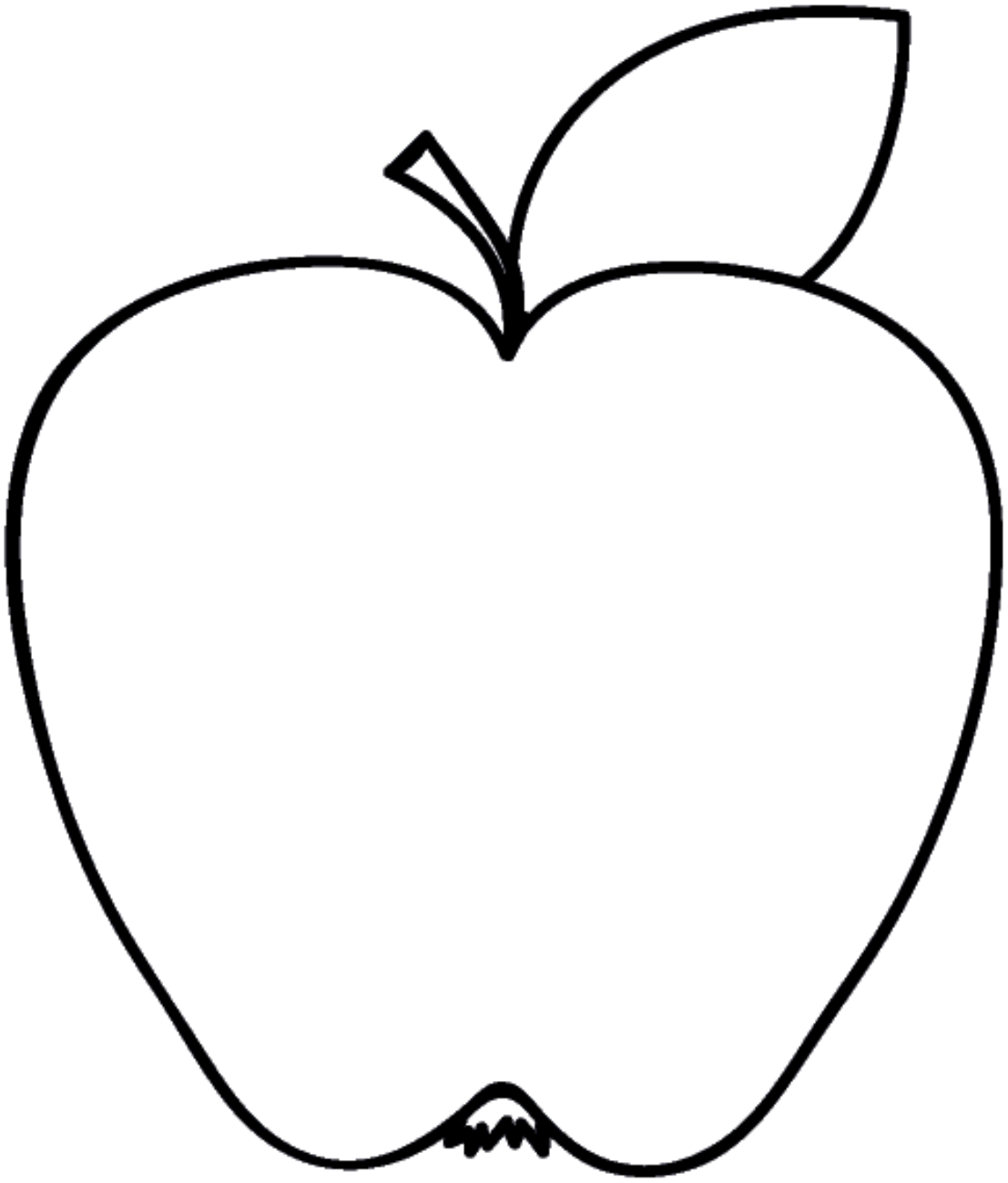
Write down a positive word to describe yourself in the space below. Say it out loud 5 times.

"I AM _____"

TAKING CARE OF ME

When we take care of ourselves and do the things we enjoy. our mental health feels better. It's good to try and remember 5-a-day for our mental health.

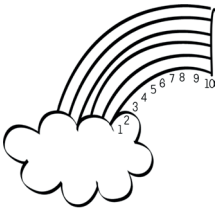
Write or draw things that you like to do or that make you feel good in the apple below.



Can you do 5 of these every day for week? Tick off the days when you have completed your 5-a-day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☐	☐	☐	☐	☐	☐	☐

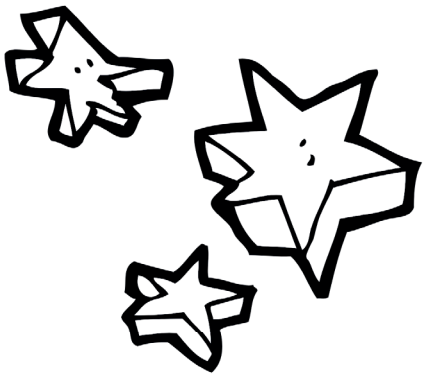
How did doing those things make you feel?



Taking care of others and being kind also makes us feel good. Think about some kind things that you can do for your friends and family. Write about or draw them below.

"IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND"

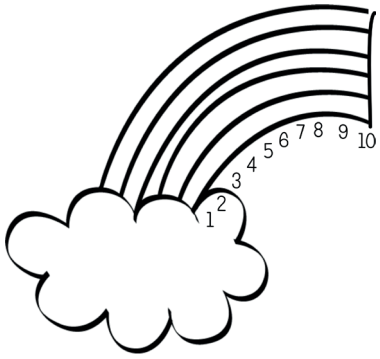
Sometimes we just need to be a space that feels safe. Write or draw about a place where you feel safe and like to be...



HOW ARE YOU FEELING?

Today I feel _____

What do you think is making you feel like that? Draw or write about it in the space below.



Write down 3 things that help you to feel better when you are not OK.

All of us need help from time to time with the way we are feeling.. If your number on the ROAR rainbow is low and is low often it can help to speak to someone.

Write down some of the names of helpful people that you can talk to.

Something that I have realised from writing my journal is...

This Journal was put together by Liverpool Learning Partnership. Merseyside Youth Association. Liverpool CAMHS mental health support teams and staff from Liverpool Schools.

Merseyside Youth Association

Liverpool Learning PARTNERSHIP

Liverpool CAMHS
mental health is everyone's business