

My Well-being Booklet



Name: _____

Class: _____

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:

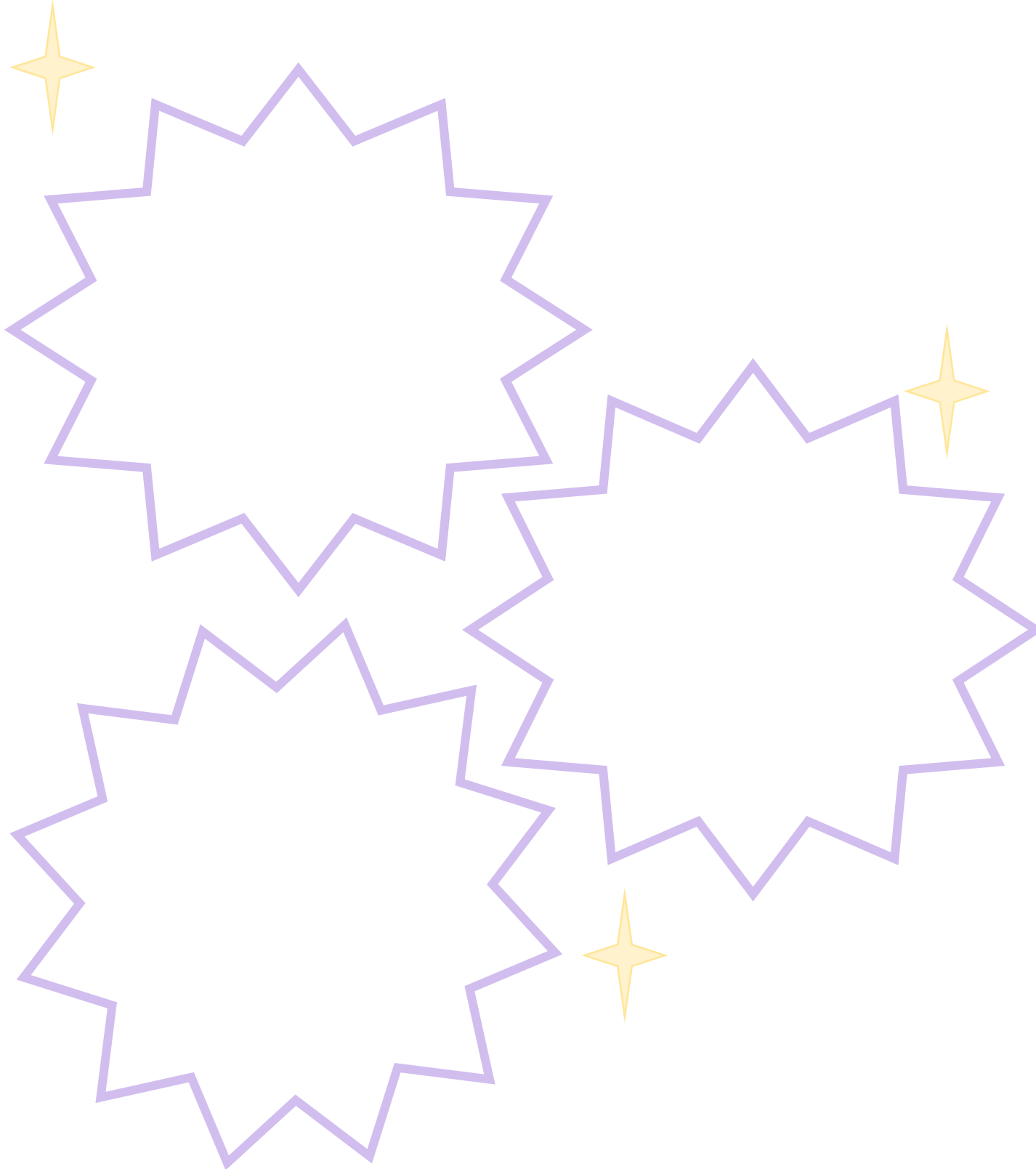


Words that describe me:



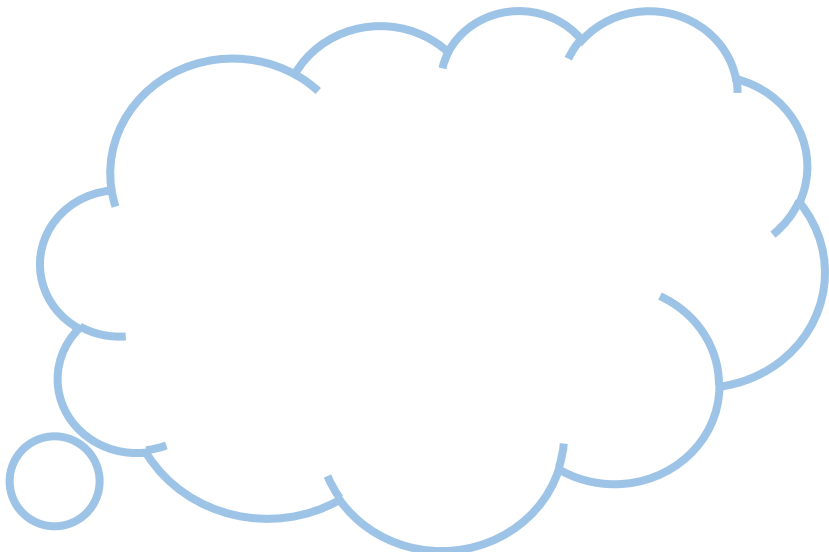
What I'm looking forward to...

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



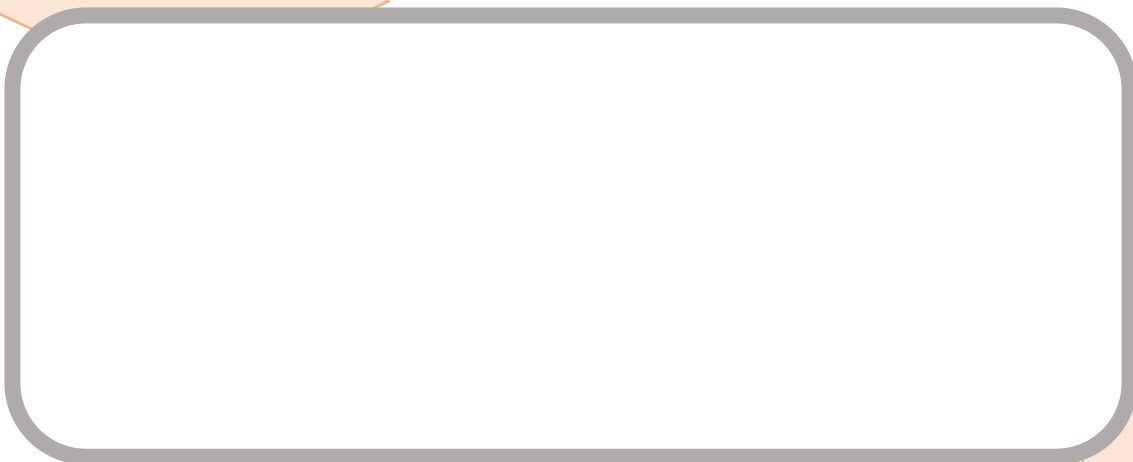
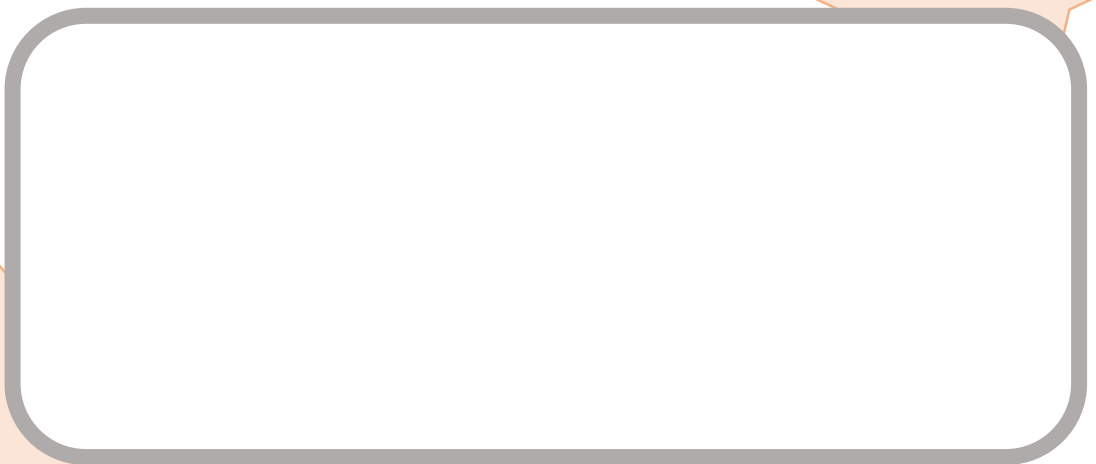
My Worry Buster!

Write down any of the worries you have. Next to each worry, think about you can cope with the worry, or create a solution to the problem – maybe you could ask someone to help you?

A simple grey rectangular box, intended for writing a solution or coping strategy.A simple grey rectangular box, intended for writing a solution or coping strategy.A simple grey rectangular box, intended for writing a solution or coping strategy.

This year...

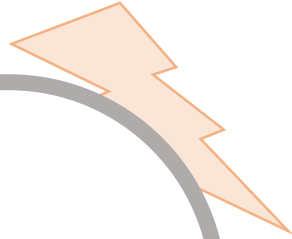
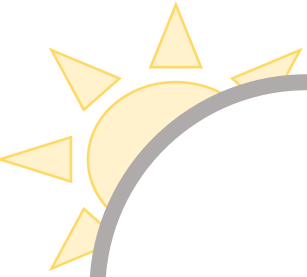
Think about this year, what are three things you want to achieve? This doesn't have to be to do with your school work. Then think about how you will **achieve this**. e.g. I want to run faster SO I will practice every day and work hard in P.E.



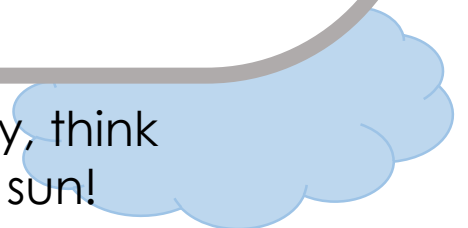
How am I feeling?

In this box, you can draw how you are feeling.
You could 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.

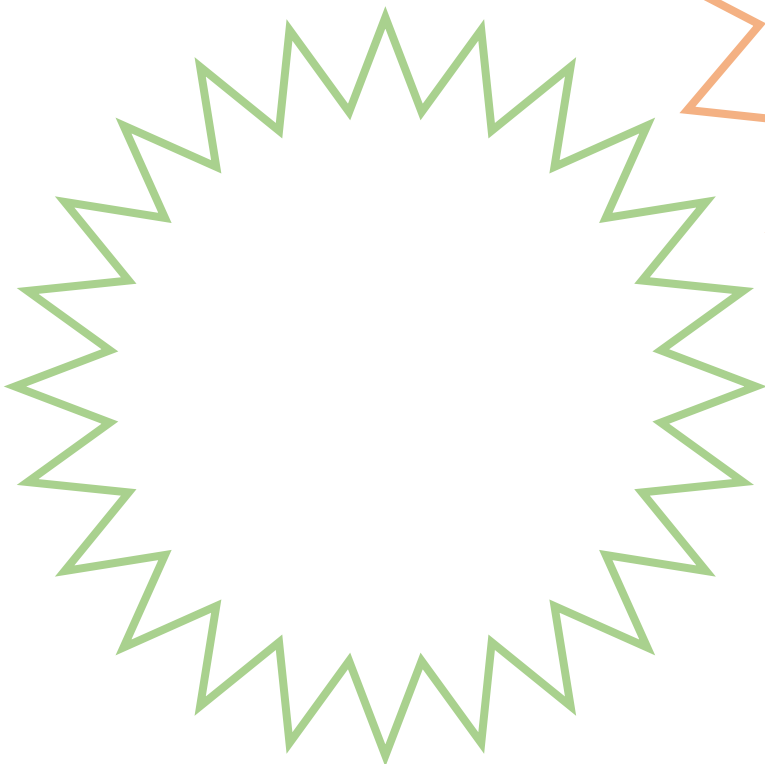
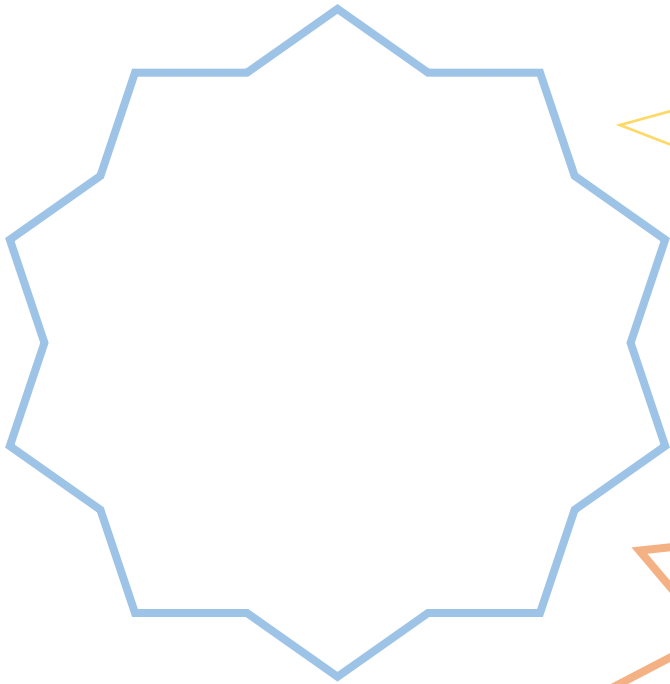
A large, empty, rounded rectangular box with a thick grey border, intended for drawing weather-related emotions.

If your feelings are rainy and stormy, 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...

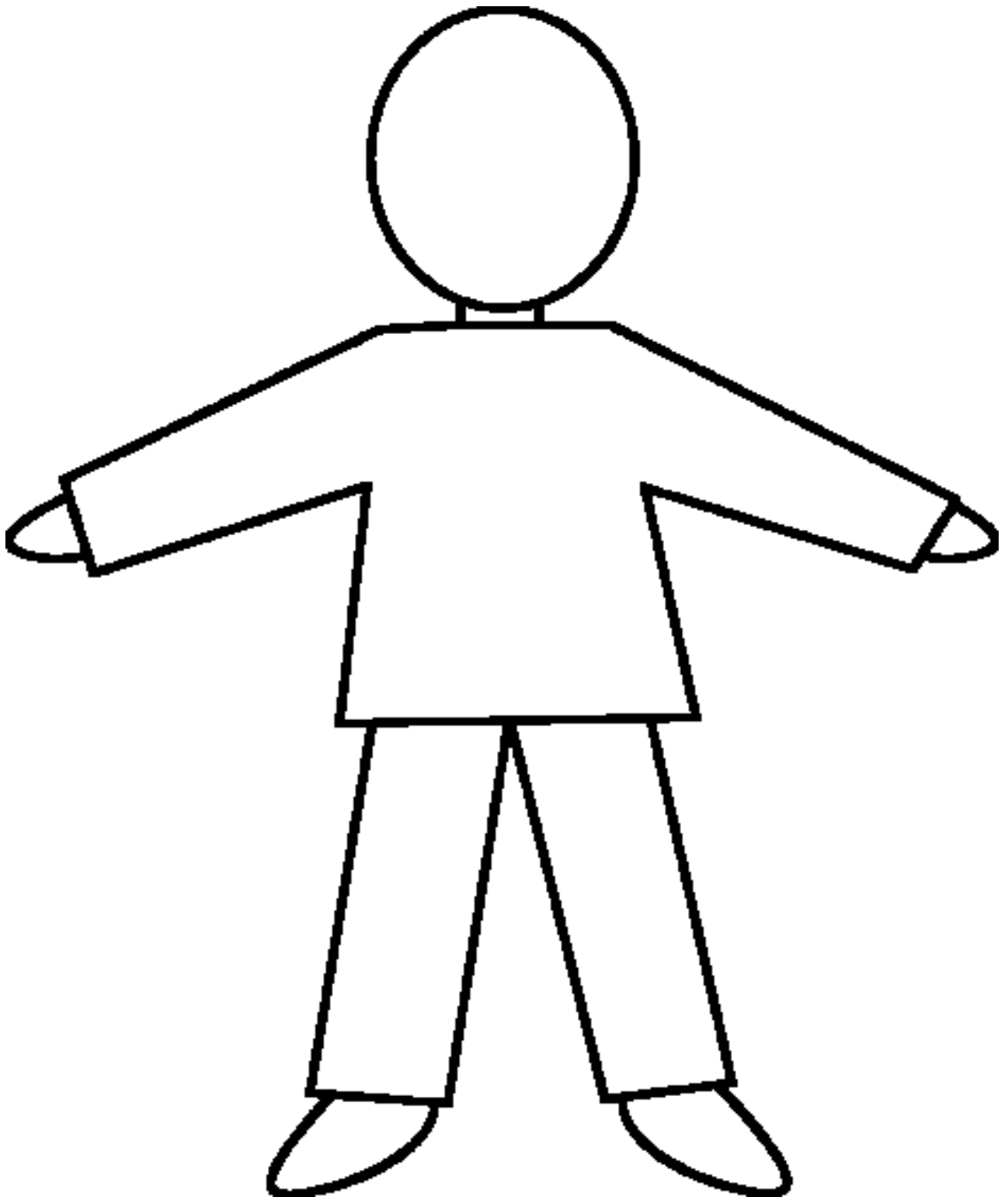
Write down as many great **qualities** about yourself as you can, inside the outline. You can use



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?

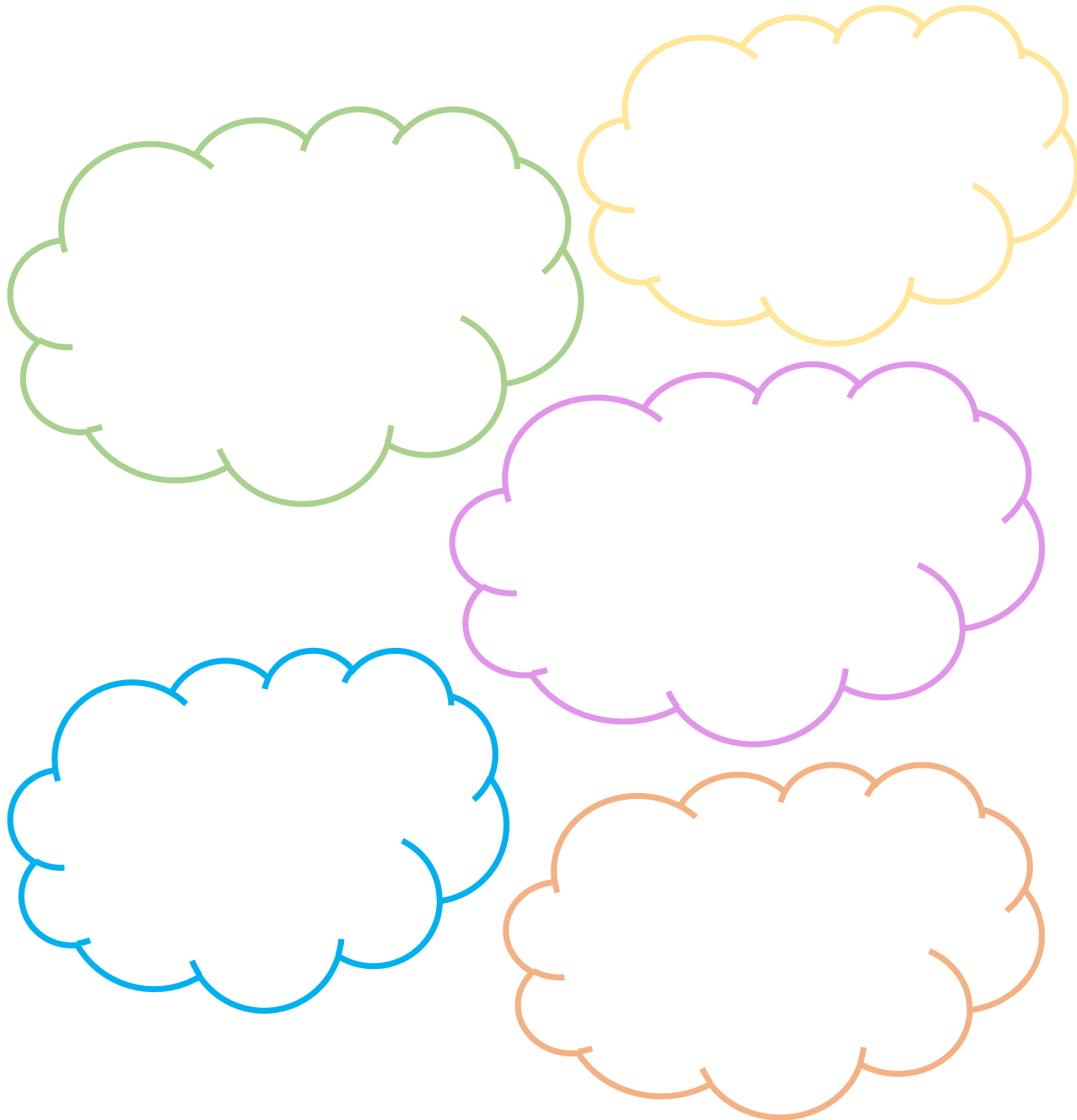
Draw or write about you and your friend here, e.g. your favourite food, subject, colour.



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 kind or helpful.



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 favourite book, my favourite place, my friends and family.

A large, empty rounded rectangular box with a thick grey border, intended for drawing or writing. It occupies most of the lower half of the page.



I am amazing...



You **are** 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 answers.

Could you do one of these things each day to help you feel good?



What makes you feel bad?

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

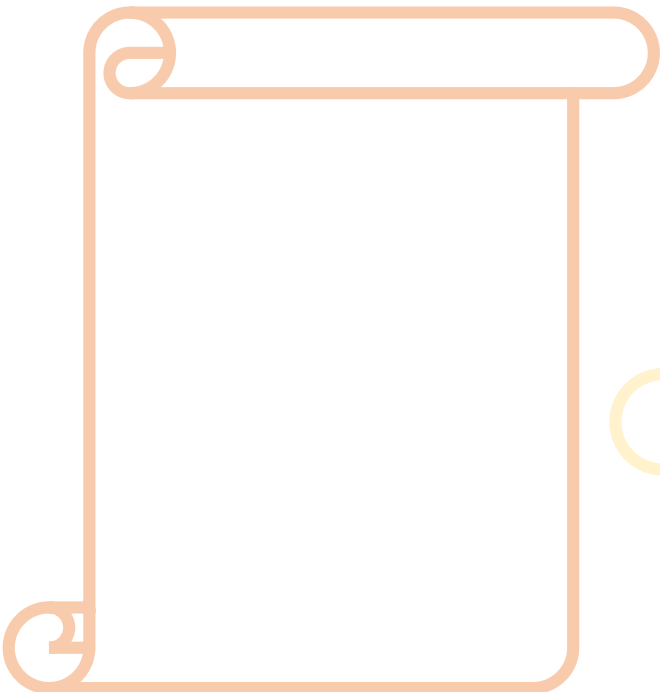
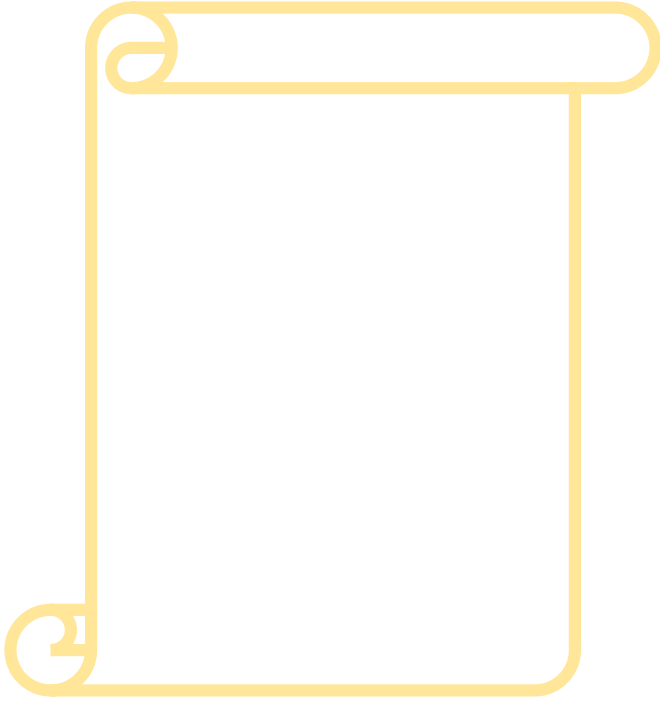
e.g. feeling left out or struggling with your school work.

A large, empty rounded rectangular box with a thick grey border, intended for the user to write their response 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 yourself and others 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!

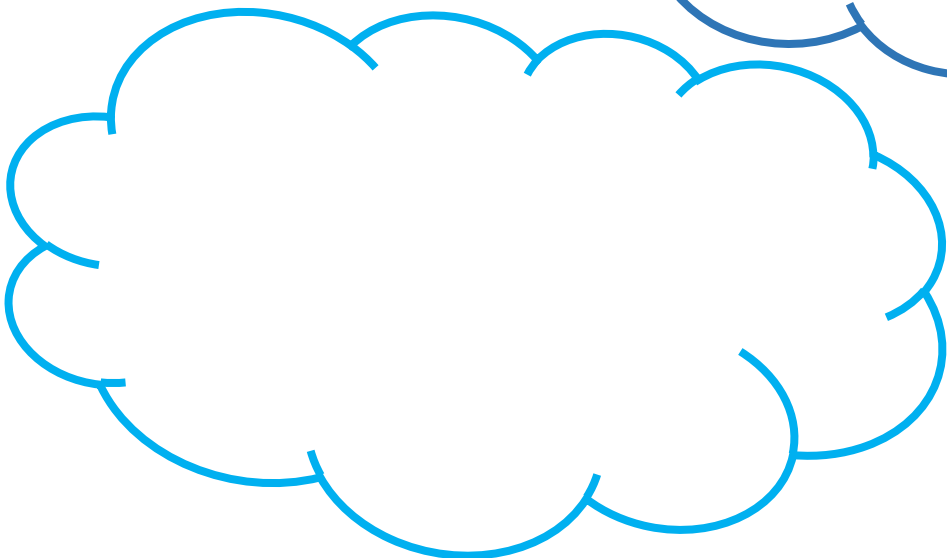
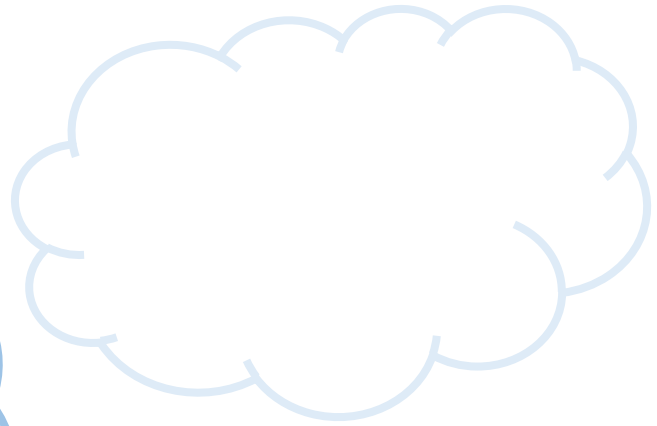
Remembering how brave we can be will boost our **self-esteem**. Think of the time when you have been really brave. Draw or write about it below.

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.



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.