

Free  
Journal for Kids!

# AT HOME WITH WEAVING WELL-BEING



## A WELL-BEING JOURNAL FOR KIDS

Compiled by Fiona Forman

Based on the *Weaving Well-Being Programme* by Fiona Forman & Mick Rock

Name:



# At Home with Weaving Well-Being: Introduction for Parents

During challenging times, it's more important than ever to look after your child's well-being. To help parents to help their children, Outside the Box has produced a FREE activity journal (**At Home with Weaving Well-Being**) to help children to enhance their mental well-being through a range of activities. It's probably most suitable for children aged 8 to 12 years old but can certainly be adapted for younger or older children. It was released as a response to the current crisis and has been distributed in other English speaking countries, including Australia.

You can download it and print it out for your child/children or, if you don't have access to a printer, your child can get the activity idea from the screen and do it on a blank sheet of paper.

Most of the topics in the FREE journal, such as positivity, gratitude, kindness, bravery, creativity and self-kindness, are drawn from the field of Positive Psychology, which is the science of well-being. There are also activities based on dealing with worries and coping with change.

The journal is based on **Weaving Well-Being** – an SPHE programme which your child may be already doing in their school. Even if your child has no experience of **Weaving Well-Being**, they will still be able to use this as a stand-alone journal. Your child can work through the pages at their own pace, or alternatively, if the journal is being used as part of school-based learning, their teacher can set activities for them to do from time to time.

The journal aims to give children a chance to reflect and express themselves, gradually building into a highly personal portfolio reflecting unique aspects of their mental well-being. Once complete, they may enjoy looking over it again from time to time, especially whenever they need a well-being boost!

As a parent, you can use this journal to open up an important channel of communication with your child. Take time to discuss the various activities while they are completing them and perhaps even join in and try some of them on yourself!

The journal was compiled by Fiona Forman, co-author of the **Weaving Well-Being** programme (written by Fiona Forman & Mick Rock).

## USEFUL LINKS:

Websites – [www.otb.ie/WWB](http://www.otb.ie/WWB) [www.fionaformanwellbeing.com](http://www.fionaformanwellbeing.com)  
[www.weavingwellbeing.com](http://www.weavingwellbeing.com) [www.otb.ie/W4W](http://www.otb.ie/W4W)

Twitter – [@FionaWellBeing](https://twitter.com/FionaWellBeing) Facebook – [@weavingwellbeing](https://www.facebook.com/weavingwellbeing) / [@fionawellbeing](https://www.facebook.com/fionawellbeing)

Instagram – [@fionaformanwellbeing](https://www.instagram.com/fionaformanwellbeing)

You can find more information about the authors' programmes by following the links below:

**Weaving Well-Being** Homepage: [www.otb.ie/WWB](http://www.otb.ie/WWB)

**Wired for Well-Being** Homepage: [www.otb.ie/W4W](http://www.otb.ie/W4W)

**TEACHERS** – For distant learning or just to see what the teacher programmes are like, you can try out six free lesson plans, one from each of the five levels of **Weaving Well-Being** and one from the first level of the secondary school follow-up programme **Wired for Well-Being** by clicking these links:

**Weaving Well-Being** Lesson Plans: [www.otb.ie/weaving-well-being-lesson-plans-2/](http://www.otb.ie/weaving-well-being-lesson-plans-2/)

**Wired for Well-Being** Lesson Plan – Savour your Sleep: [www.otb.ie/wired-for-well-being-book-a-first-page/](http://www.otb.ie/wired-for-well-being-book-a-first-page/)

There is also a 15-hour online **Weaving Well-Being** course. This (and the other OTB online courses) is being offered at **half price** during the current crisis. The online discount code is **HALFPRICE2** and the link is: [www.otblearning.ie](http://www.otblearning.ie)

**PARENTS** – To further support your child with worries, check out Fiona's article **Ideas for Supporting an Anxious Child** at the following link: [www.otb.ie/supporting-anxious-child](http://www.otb.ie/supporting-anxious-child)

**MINDFULNESS** – There are some great Mindfulness scripts and Guided Meditations to try with your child/children freely available on our website: [www.otb.ie/weaving-well-being-mindfulness-script-guided-meditations/](http://www.otb.ie/weaving-well-being-mindfulness-script-guided-meditations/)

## SUGGESTED FURTHER READING –

**Self-Kindness for Kids**

**Helpful Handbooks for Parents, Carers and Professionals**

Please share this FREE  
eBook link via:  
[www.otb.ie/wwb-home](http://www.otb.ie/wwb-home)

# WELCOME TO: AT HOME WITH WEAVING WELL-BEING!

Hopefully you will enjoy all of the activities in this Well-Being Journal. If you have used *Weaving Well-Being* in your school, you may have seen some of these activities before, but there are lots of new ones here for you to try! Either way, have fun using your creativity to complete this journal at home to help yourself to feel positive, strong and happy! Do them in any order that you like!

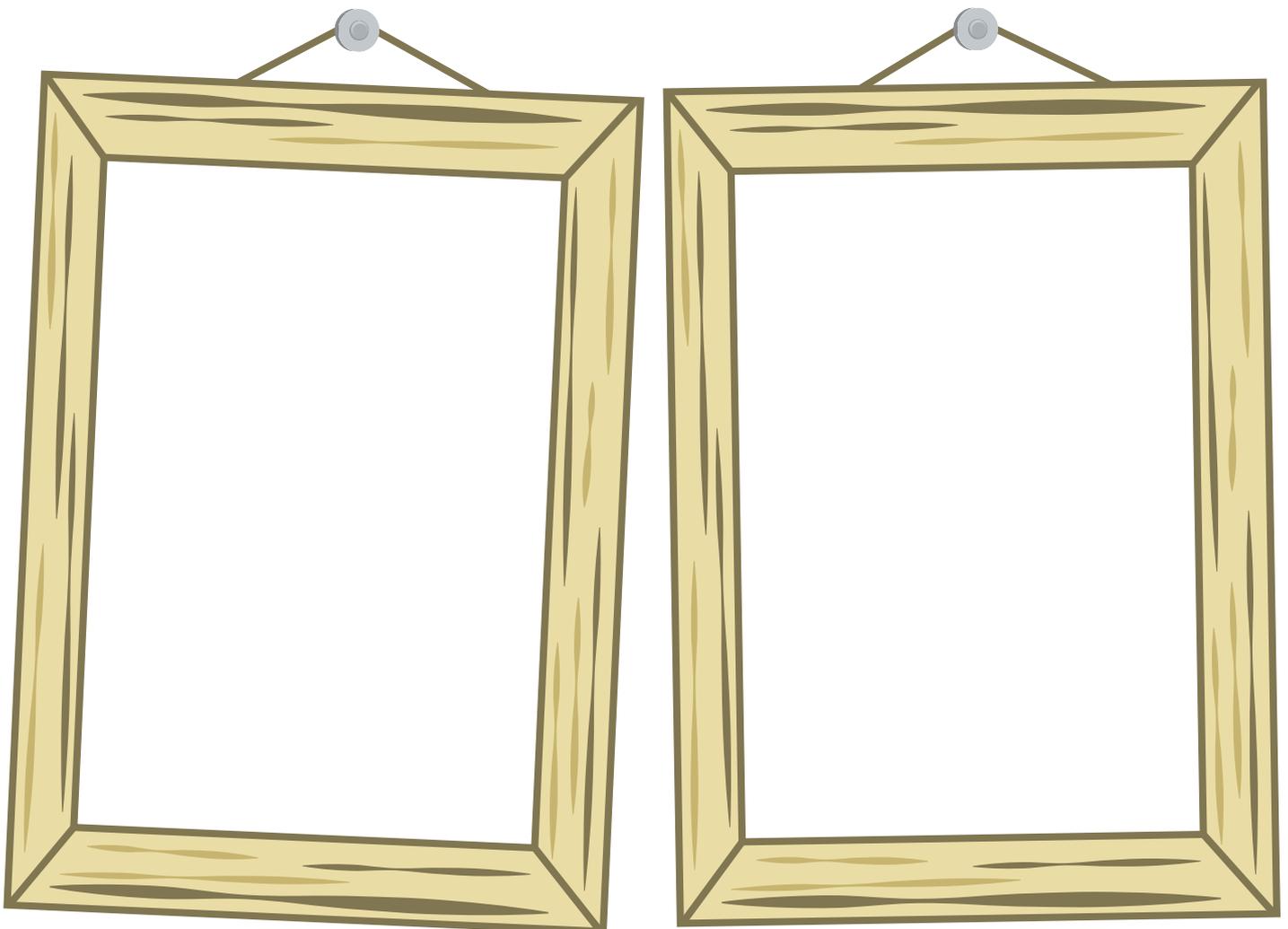


## LET'S REMIND OURSELVES WHAT WELL-BEING MEANS AND FEELS LIKE:

Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

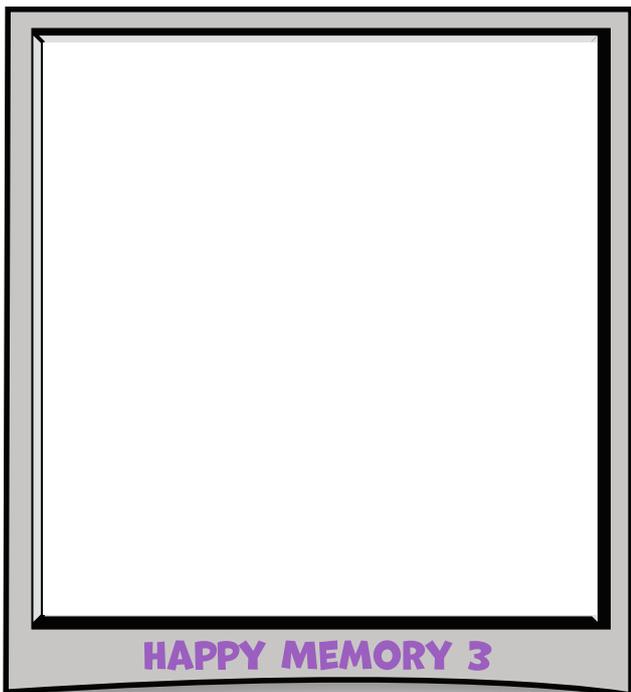
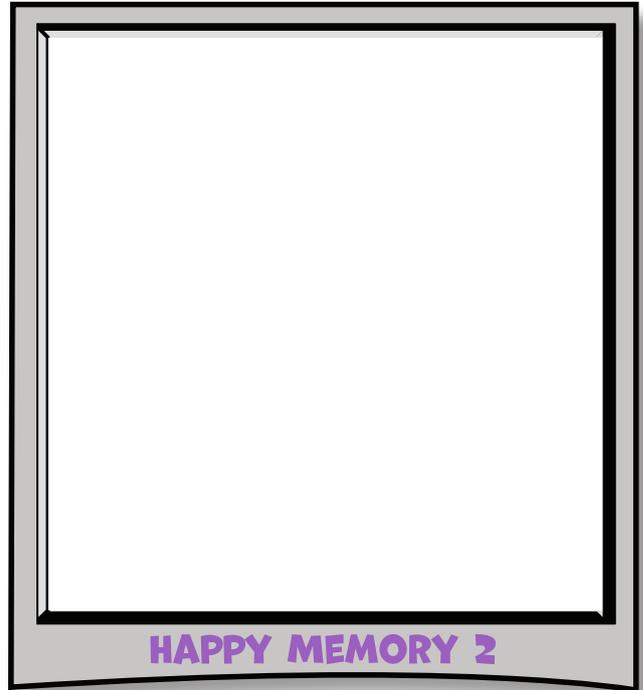
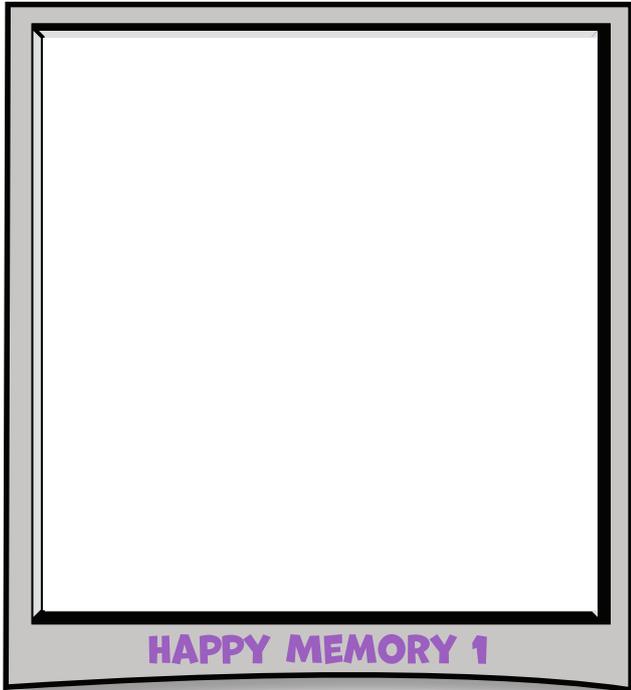
## MY WELL-BEING ACTIVITIES

Think of all the things you enjoy doing and which help you to feel happy. Then draw two pictures of these in the frames below:



# HAPPY MEMORY SNAPSHOTS!

We can help ourselves to feel good by remembering many of the happy times in our lives! Think about four of your happiest times and draw a picture of them here. Write a sentence about each one too if you can. They are sure to make you smile and don't forget to talk about them with your family too!



# FEELING POSITIVE EMOTIONS!

Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Then decorate the frame around it!

I feel calm when...

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I feel proud when...

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I feel grateful when...

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I feel amazed when...

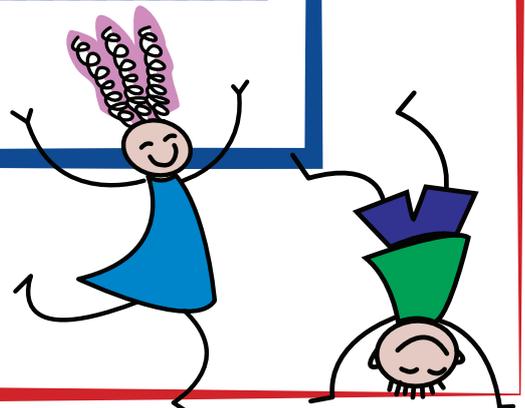
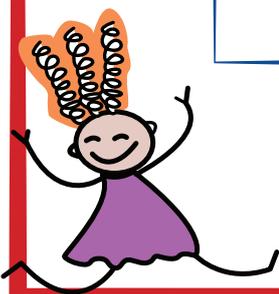
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I feel interested when...

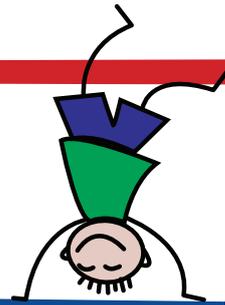
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# FEELING POSITIVE EMOTIONS! - CONTINUED

Complete each of the sentences about all the things that make you have/feel positive emotions. Make sure that you do some of these every day! Then decorate the frame around it!



I feel inspired when...

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I feel loved when...

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I feel joy when...

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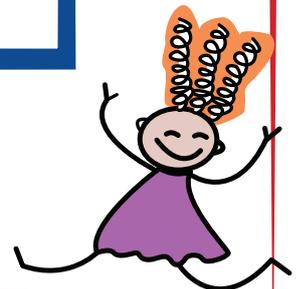
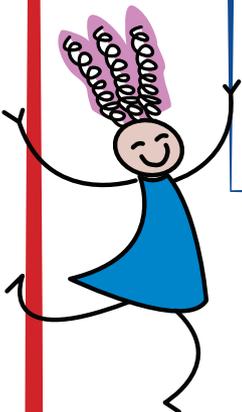
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I feel like laughing when ...

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# MY WELL-BEING ACROSTIC

Think about what well-being means to you - read over page 1 to give you some ideas! Now write your own acrostic poem on well-being.



My Well-Being Acrostic Poem by \_\_\_\_\_

**W** \_\_\_\_\_

**E** \_\_\_\_\_

**L** \_\_\_\_\_

**L** \_\_\_\_\_

**B** \_\_\_\_\_

**E** \_\_\_\_\_

**I** \_\_\_\_\_

**N** \_\_\_\_\_

**G** \_\_\_\_\_

# RAINBOW MOMENTS

If you did the *Weaving Well-Being* programme, you might remember that Rainbow Moments are all of those little moments during the day when good things happen. Maybe you played a fun game, watched a funny movie, created something interesting, had a nice lunch or dinner, noticed something beautiful in nature - there are lots of good things all around us, even at difficult times in our lives. We need to train our minds to notice the good things - our minds are already too good at noticing the bad stuff!

Write down three Rainbow Moments for the last 24 hours in the rainbow below. Try to do this every day for a least a week so that you get into the habit of noticing the good things! You can write these activities, for the next five days on the following page.

Every day may not be good,  
but there is something good  
in every day.

-Alice Morse Earle



# MY RAINBOW MOMENTS

DAY 1	1.
	2.
	3.
DAY 2	1.
	2.
	3.
DAY 3	1.
	2.
	3.
DAY 4	1.
	2.
	3.
DAY 5	1.
	2.
	3.

## **KIND MIND!**

Did you know that we are sometimes very mean to ourselves? We often say things to ourselves that we would never say to anyone else, especially if we haven't done well at something or if we are worried about something. Maybe you've said things like 'I'm so stupid' or 'Why am I not as good as -----'. This is very bad for our well-being as it can make us feel bad about ourselves? We need to say kinder things to ourselves instead! Here are some kind things that we can say to ourselves:

**I don't have to be perfect.**

**My best is good enough.**

**I don't have to be, or feel, amazing all of the time.**

**I don't need to compare myself to anyone else.**

**I don't need to have everything figured out right now.**

**Aim for progress, not perfection.**

**I'm stronger than I feel right now.**

**I don't need to beat myself up over this!**

**Pause, breathe, keep going!**

**Nobody has it all figured out!**

**I can cope with my strong feelings.**

**What can I do right now to help myself to feel better?**

Why not try the Weaving Well-Being Rap: [www.otb.ie/wwb-rap](http://www.otb.ie/wwb-rap)

## KIND MIND!

Now draw a 'Kind Mind' selfie on the mobile phone below and write some of the phrases from page 8 all around it, or make up some of your own!



## LIGHT UP THE WORLD WITH KINDNESS CHALLENGE!

Kindness makes the world a brighter and better place! We can light up the world with kindness every day by trying to do three kind things for others every day! Try it for a week and see what happens!

Below are some ideas for kind things you can do.

Write your own ideas in the rest of the light bulbs!



# LIGHT UP THE WORLD WITH KINDNESS CHALLENGE!

Keep track of your Acts of Kindness here! You should feel so proud of yourself if you complete the challenge by doing three kind deeds every day for a week!

Colour in a lightbulb each time you do a kind deed and see how your kindness lights up the world! Try to colour all 15 lightbulbs over 5 days!



*Colour in a lightbulb each time you do a kind deed*

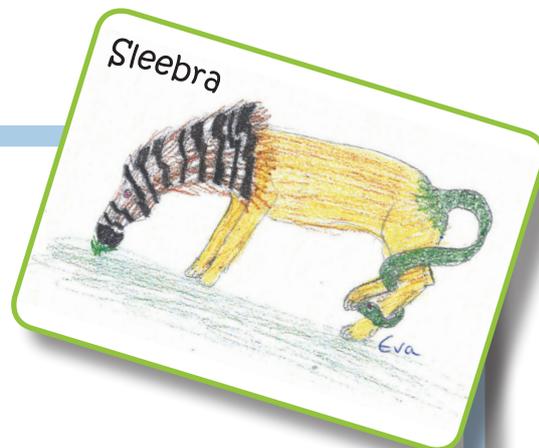
## My Acts of Kindness

DAY 1	1.
	2.
	3.
DAY 2	1.
	2.
	3.
DAY 3	1.
	2.
	3.
DAY 4	1.
	2.
	3.
DAY 5	1.
	2.
	3.

# GET CREATIVE!

## Crazy-Combo-Creatures

Having fun and using your imagination can really help your well-being! So use your creativity now to design some totally new creatures, based on combining two or three other animals. Draw them in the box below and don't forget to name them, based on the animals you combined! For example, the Sleebra below is a mixture of a lion, a zebra and a snake! Think of other ways to use your creativity and imagination today!



# DEALING WITH WORRIES

If you're a kid who worries a lot about things, you're not alone! Lots of kids worry - it means that our brains are trying to help us to prepare for things that might (or might not!) happen in the future! We need to have ways to deal with our worries so that they don't take up too much of our time and stop us from enjoying life!

## Ways to deal with your worries:

1.

When a worry pops into your mind, say to yourself -

'This worry shows that my mind is trying to help me. I can relax and trust myself to deal with this worry.'

2.

Talk to someone in your family - sharing your worries can make them seem smaller!

3.

If you can do something about your worry, make a plan and try it out. If it doesn't work, try another one!

4.

If your worry is about something you can't control, give yourself a break from it by distracting yourself and doing something you enjoy. It's like changing the TV channel!

5.

Do some deep breathing to help yourself to feel calm and relaxed. Try the Rainbow Breathing on page 15!

6.

What other helpful way do you deal with your worries? Write it on number 7.

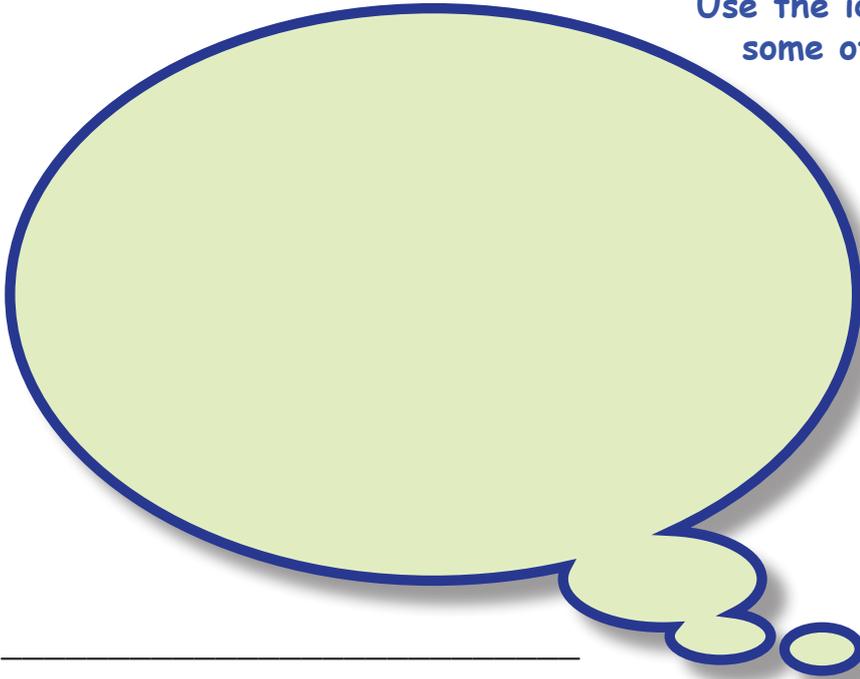
← If you can think of more please write them on your journal page on page 21.

7.

# DEALING WITH WORRIES - CONTINUED

Write down two of your worries in the thought bubbles. Then, underneath them, write down some ways to help you deal with them.

Use the ideas on page 13 or maybe some of your own!



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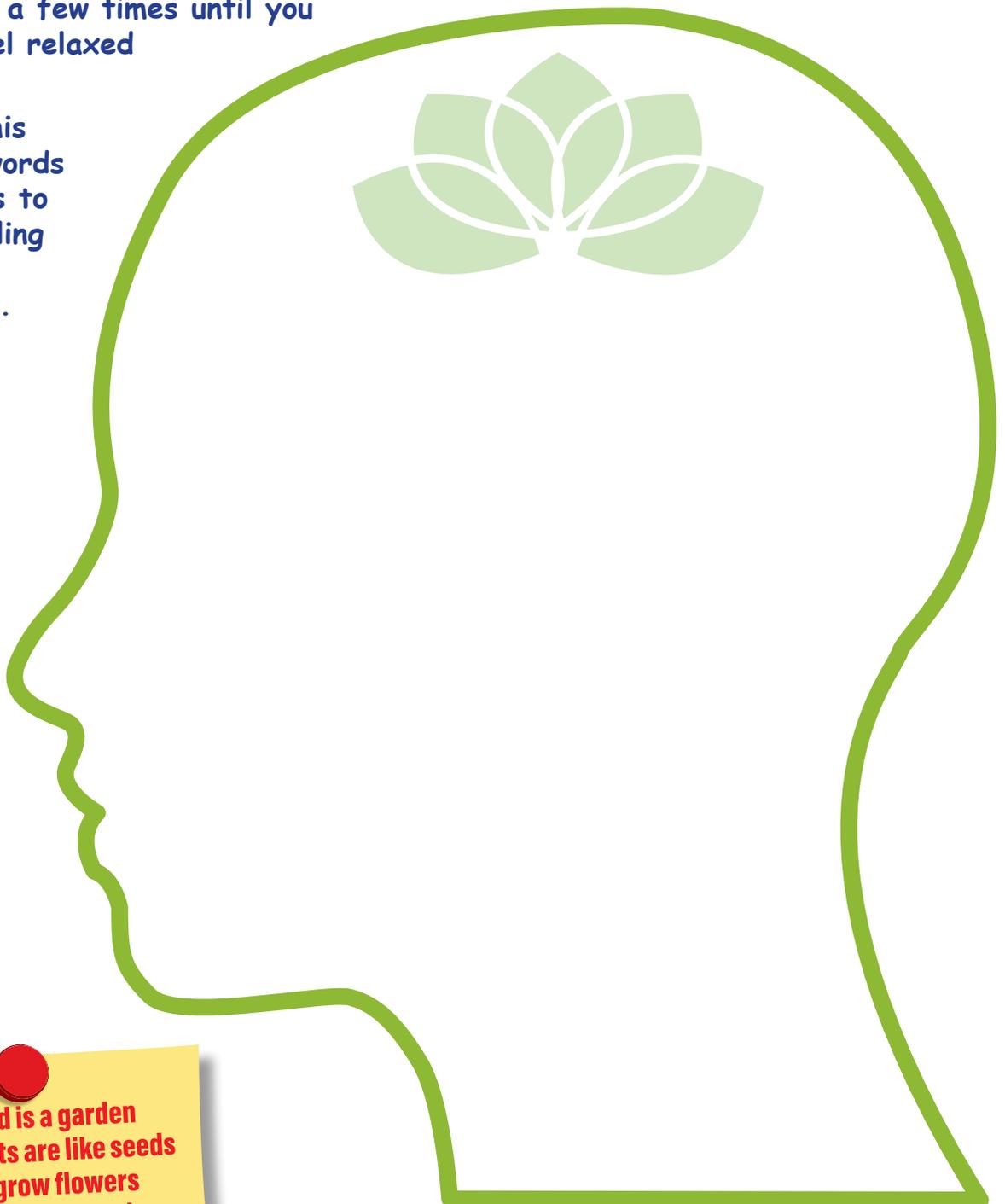
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## RELAX WITH RAINBOW BREATHING

We can help our bodies and minds to feel calm and relaxed by doing Rainbow Breathing any time we need to! Try it now. You might like to relax by lying on the floor, but you can do it sitting or standing either. Close your eyes. Now breathe in deeply and imagine lots of beautiful red light surrounding you, filling up your lungs and going right down into your toes. Now breathe out slowly and send this beautiful bright red light from your lungs, letting it take all of your worries away with it. Do the same with each of the other colours of the rainbow - orange, yellow, green, blue, indigo and violet. Imagine your body becoming soft, warm and relaxed as you do this. Repeat this a few times until you start to feel relaxed and calm.

Decorate this head with words and pictures to do with feeling relaxed and positive.



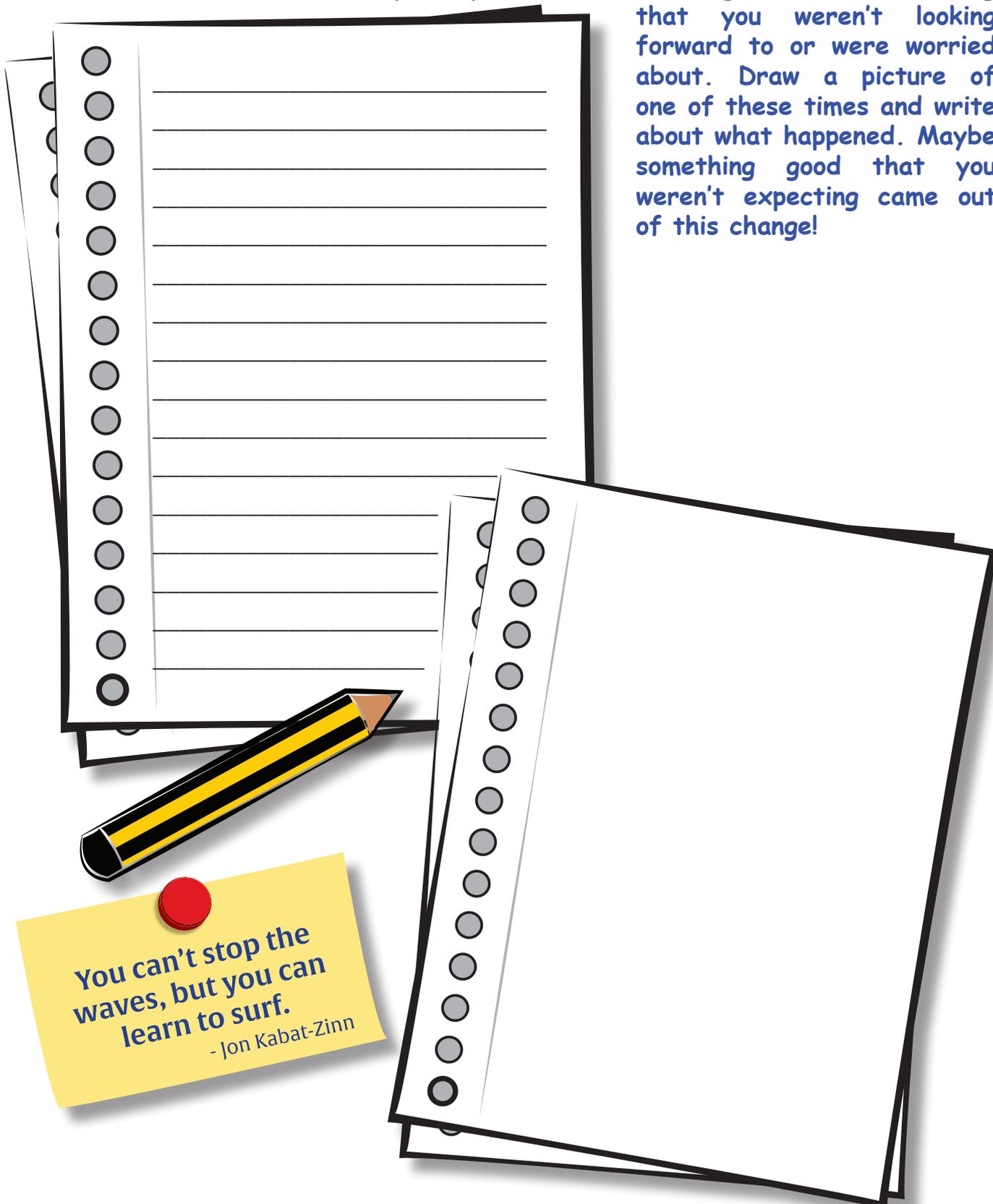
**Your mind is a garden  
Your thoughts are like seeds  
You can grow flowers  
Or You can grow weeds.**

**— Osho**

## CHANGE IS PART OF LIFE

When there is a lot of change all around us, we can feel upset and worried. Change can be hard. We often want things to stay the same because that makes us feel safe. We need to remember that change is part of life and that we have coped with it before! We can't stop things changing, but we can learn to cope - we can be brave, even if we are afraid!

Now think back on times when you coped well with a change before - something that you weren't looking forward to or were worried about. Draw a picture of one of these times and write about what happened. Maybe something good that you weren't expecting came out of this change!



## BEING BRAVE

Sometimes we need to be brave, especially when we have to face a challenge or do something that we are afraid to do! Think back on all of the times when you were brave in the past. Maybe you were scared or nervous, but you didn't let that stop you! You probably felt really proud of yourself afterwards. Being brave doesn't mean that we aren't scared - it's normal and OK to be afraid. Just don't let your fears stop you from enjoying your life and doing new things. Use your bravery when you need to! Bravery is like a muscle - the more you use it, the stronger it gets!

Here are some quotes about being brave - design your own poster below based on some or all of them, or make up your own quote!

**Courage is  
doing what you're  
afraid to do**

- Eddie Rickenbacker

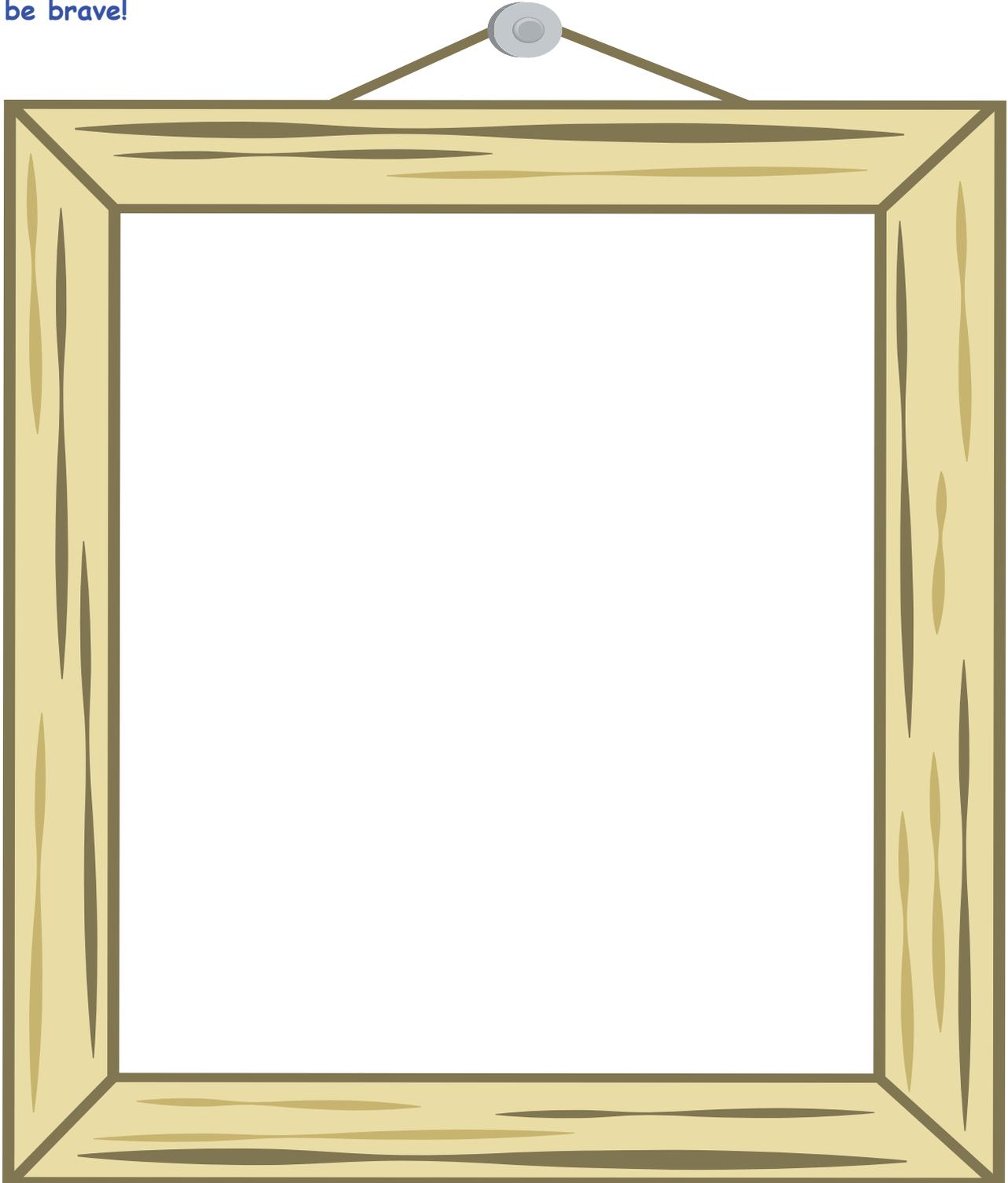
**Kind Mind  
+  
Brave Heart  
=  
Awesome  
Adventures!**

**Promise me  
you'll always remember  
- you're braver than you believe,  
and stronger than you seem,  
and smarter than you think.**

- A. A. Milne

## BEING BRAVE - CONTINUED

Think about someone you admire for their bravery - it could be a person in your family, a famous person or a character from a book or movie. Draw a picture of them and write about why you admire them. Think of them whenever you need to be brave!



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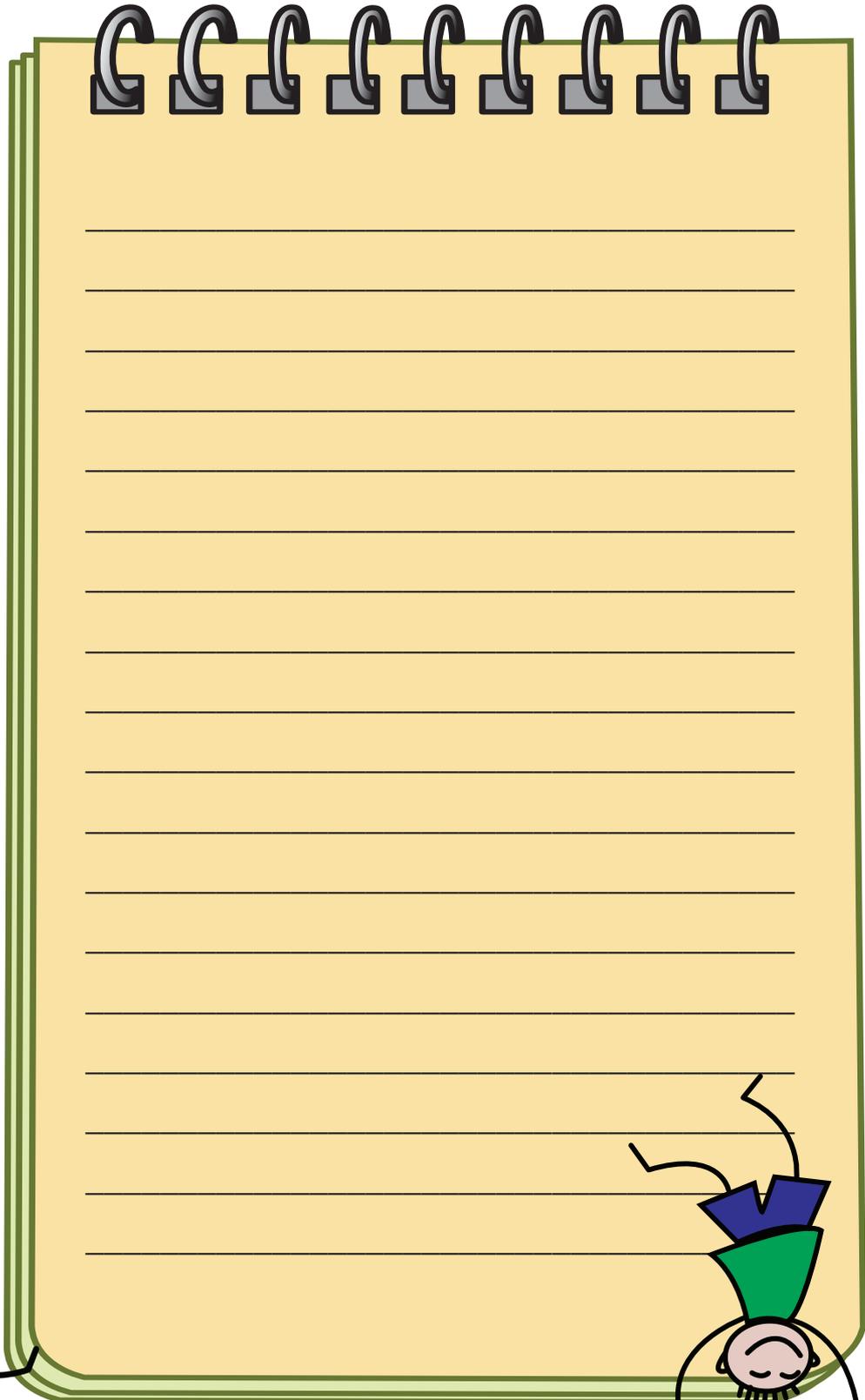
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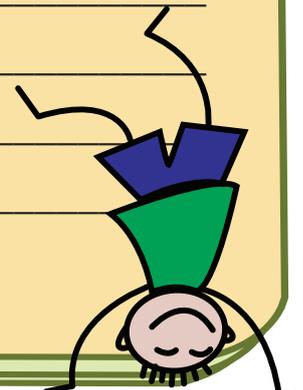
# MOOD BOOST!

We all need a little mood boost from time to time! Of course it's OK to feel sad, lonely, worried and scared at times, but if you decide that you need a break from those feelings for a while, then do a mood boost! A mood boost is anything that you like to do that puts you into a better mood. Maybe it's listening to your favourite music, dancing, reading, watching funny videos on YouTube, baking, drawing, being creative, exercising, helping, writing, meditating... whatever boosts your mood? Write your Mood Boost list here and use it whenever you need to!

## MY 'MOOD BOOST' LIST

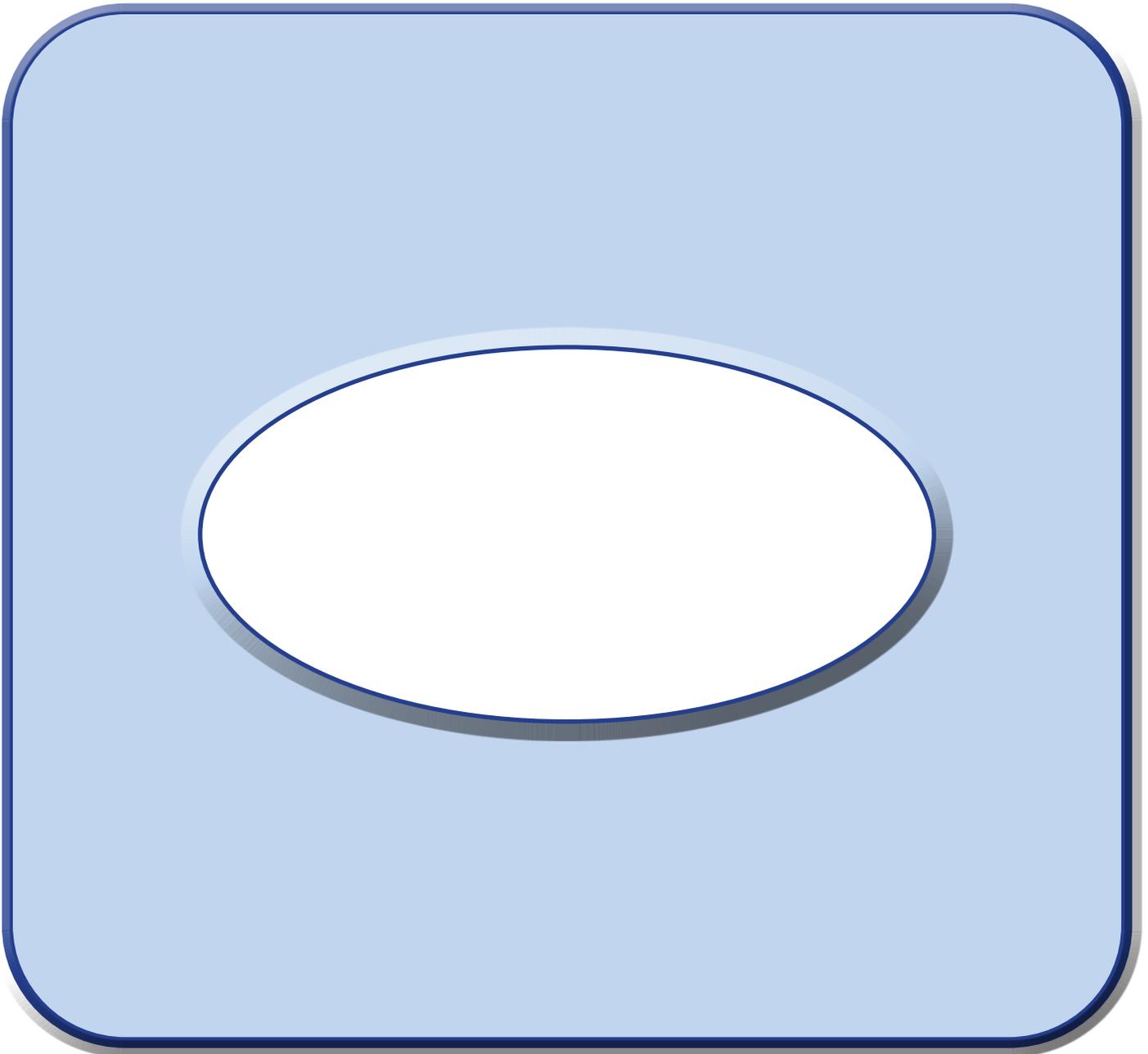


A large yellow spiral-bound notebook with horizontal lines for writing. The spiral binding is on the left side. The notebook is open to a blank page.



## GOOD TO BE ME!

Accepting ourselves just as we are is really important for our well-being. Nobody is perfect - we are all a mix of good parts and not-so-good parts! We need to notice and remind ourselves of all the good parts - sometimes we focus too much on the not-so-good parts! We can ask other people to tell us what they think some of our good parts are - we might be surprised to find out! Write and decorate your name in the oval below and ask people in your family to write ten or more positive words about you around it. They can choose from the list below or use other words. Look at this page whenever you need a reminder that it's good to be you!



**FUNNY KIND CREATIVE LOVING CARING HARD-WORKING**  
**THOUGHTFUL BRAVE FAIR GRATEFUL FRIENDLY DETERMINED**  
**ENERGETIC HONEST PATIENT SENSITIVE**  
**FUN-LOVING CHEERFUL GOOD LISTENER HELPFUL**



