



Wellness Journal



Date: _____



WATER

TODAY'S POSITIVE THOUGHTS

FRUIT & VEGETABLES



EXERCISE

Time: _____

Activity: _____

JUST FOR ME

**GRATITUDE LIST
FOR TODAY**

Today I am grateful for...

REFLECTIONS ON THE DAY





Something I did well

Activity 1 – Fill in the following worksheet

Something I did well in the past week was.....	
Something I did well in the past month was.....	
Something I did well in the past year was.....	
Something I did well in my life that somebody else noticed was.....	

[Source – Dowling, K., Ryan, J., Clarke, A.M., Sheridan, A. & Barry, M.M. (2017) Mindout Teacher Manual 2.0– Promoting social and emotional wellbeing: A senior cycle programme for post-primary schools, (2nd Edition) Health Promotion Research Centre, National University of Ireland Galway & the Health Service Executive, Ireland.]

Self-Compassion

Activity – Soft ball Activity

- Have the 24 character strengths displayed from PowerPoint presentation.
- Ask students to form a circle around the room standing. Teacher joins the circle also.
- Explain that for this activity they will be asked to choose a personal strength from the Powerpoint slide (or one of their own) which they have.
- Start by holding the ball and sharing one of your own strengths with the class and stating why you think that strength is important.
- Example: One of my strengths is positivity. This strength is important because it allows me to look on the bright side rather than dwelling on what cannot be changed.
- Once you have shared with the group, pass the ball to a student in the class and ask them to follow your example. Continue until all students have taken part and commend the students for sharing their strengths with each other.
- [If a student has difficulty with this activity you can invite another student to suggest a strength that the student might have or you can suggest one for them.]

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