

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





Gratitude

Activity – Soft ball Activity

- 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 tell the class about something they are thankful for and why.
- Start by holding the ball and sharing what you are grateful for and why
- Example: *I am grateful for the nice weather we got at the weekend because I was able to get out into the fresh air and go for a long walk with my dog.*
- 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 examples with each other.
- [If a student has difficulty with this activity you can invite another student to suggest something for them like their favourite team having a win recently or allow them to pass if they wish.]

[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.]

Gratitude – ‘Three Good Things Worksheet’

Activity – Please complete the following information about the person whose name you have chosen from the envelope. Remember to keep it to private, chose a quiet place and take your time filling it up. Just before you place it back in the large envelope, write the person’s name at the bottom of this sheet and fold it over. Return to the teacher. They will be returned to each individual in the next class.

One thing that this person is good at....	
One good trait, quality or characteristic this person has...	
One good thing you admire about this person...	

Name of Student that I have written about is _____

Guidelines for Teacher:

- Put the names of all students in the class into a large envelope. Explain to the class that this activity involves showing appreciation for each other.
- Walk around the class and invite each student to dip into the envelope and take a name. Ask them to keep it to themselves.
- Pass around a copy of the 'Three Good Things Worksheet' and ask them to write anonymously 3 good things about the student they have drawn by following the outline on the sheet. Encourage them to do so in a private space and to take time to do it.
- Collect all the worksheets in the envelope when they are finished and explain that you will hand them out in the next class.
- Remind students that when they get their 'Three Good Things Worksheet' back, to hold on to it and read it anytime they are feeling in bad formed or under pressure to remind them how special they are to others.
- Follow-on Activity – Encourage students to do a similar activity each night in a notebook or on their phone, listing 3 things that were positive in their day – Like the Walk in My Shoes Wellness Journal.

[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.]