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FEELINGS JOURNAL

OVER 60 TEMPLATES TO MAKE THE PERFECT FEELINGS JOURNAL

FEELINGS TODAY Date: _____
Draw a circle around the main feeling you have felt today

Brain Dump Date: _____
To do list

COPING IDEAS

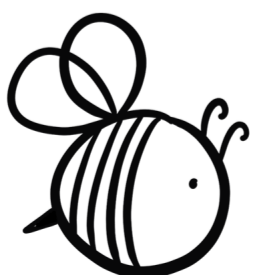
1. Use breathing techniques to calm down your body and mind.
2. Ask for help, talk to someone.
3. Do some exercise to focus your energy on something else.
4. Go to your safe place or a place where you can chill or relax.
5. Walk away from the situation that is making you feel big emotions.
6. Try looking at a situation differently.
7. Try changing any negative thoughts. Use self talk 'Is there another way of looking at this situation?'
8. Listen to music, sing, dance.
9. Punch a pillow.
10. Push hard against a wall with both hands and using your body weight.
11. Read a book, watch a movie and try to redirect your thoughts to more positive things.
12. Snuggle up in a cosy blanket.
13. Hug a cuddly toy.
14. Go for a walk.
15. Take a warm bubbly bath.
16. Use mindfulness to redirect your thoughts - 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch and one thing you can taste.

ANGRY MOMENTS Date: _____
How big was your feeling? SMALL 1 2 3 4 5 6 7

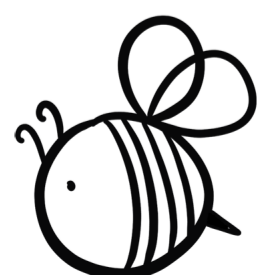
Best Things

Grateful

Big Reasons Date: _____
Today I feel _____



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10 ways to lift a low mood

This poster is set up for A3 printing.

Display it in your area to remind help pupils with their low mood or sadness

10 WAYS TO LIFT A LOW MOOD

EVERYONE FEELS SAD SOMETIMES AND THAT IS COMPLETELY NORMAL. OUR FEELINGS COME AND GO ALL OF THE TIME. HOWEVER IF YOU ARE FEELING SAD AND LOW AND IT LASTS FOR LONGER AND STARTS TO AFFECT YOUR EVERYDAY LIFE THEN TRY SOME SELF HELP TIPS. DO SEEK HELP IF THESE AREN'T HELPING.

1. SHARE YOUR FEELINGS WITH SOMEONE. IT CAN BE REALLY HELPFUL TO TALK ABOUT HOW YOU ARE FEELING.
2. CHALLENGE ANY UNHELPFUL THOUGHTS. REMIND YOURSELF THAT THOUGHTS ARE NOT FACTS.
3. TAKE CARE OF YOUR WELLBEING AND MAKE SURE YOU GET ENOUGH SLEEP, FOOD, AND WATER.
4. START A DAILY HABIT OF POSITIVE THINKING. AT THE END OF EACH DAY THINK ABOUT 3 GOOD THINGS THAT HAPPENED DURING THE DAY.
5. TRY FITTING SOME EXERCISE INTO YOUR DAY. SOMETHING THAT MAKES YOUR HEART PUMP FASTER. IT MIGHT BE HARD BUT IT CAN MAKE YOU FEEL BETTER.
6. TAKE TIME OUT EVERY DAY TO DO SOMETHING YOU ENJOY AND THAT RELAXES YOU.
7. SPEND SOME TIME OUTSIDE IN NATURE AND TAKE A MINDFUL WALK. TAKE NOTE OF THINGS YOU CAN SEE, HEAR, FEEL AND SMELL.
8. KEEP A MOOD DIARY AND WRITE DOWN YOUR FEELINGS.
9. MAKE A SADNESS KIT AND PUT THINGS INTO IT THAT MAKE YOU SMILE. TAKE SOMETHING OUT OF YOUR KIT WHEN YOU NEED IT.
10. MUSIC IS POWERFUL. LISTEN TO YOUR FAVOURITE MUSIC.

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Ask pupils to come up with other things that might help their low mood

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