



Wellbeing: Self-help

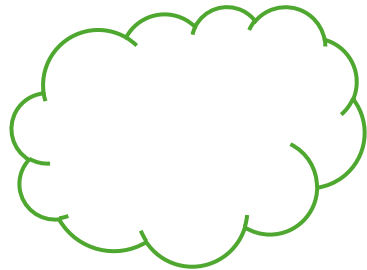
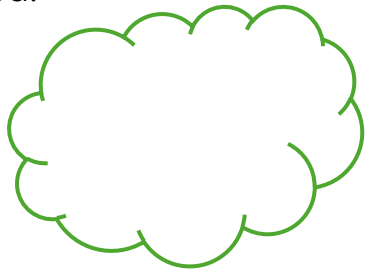
Name: _____

Activity 1: Emotion Tracker:

- _____ because...
- _____ because...
- _____ because...



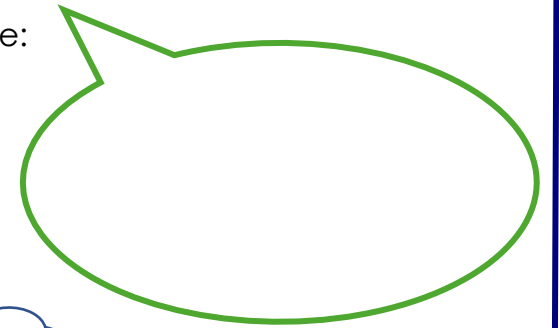
Activity 2: In the bubble write the grounding techniques you tried and liked:



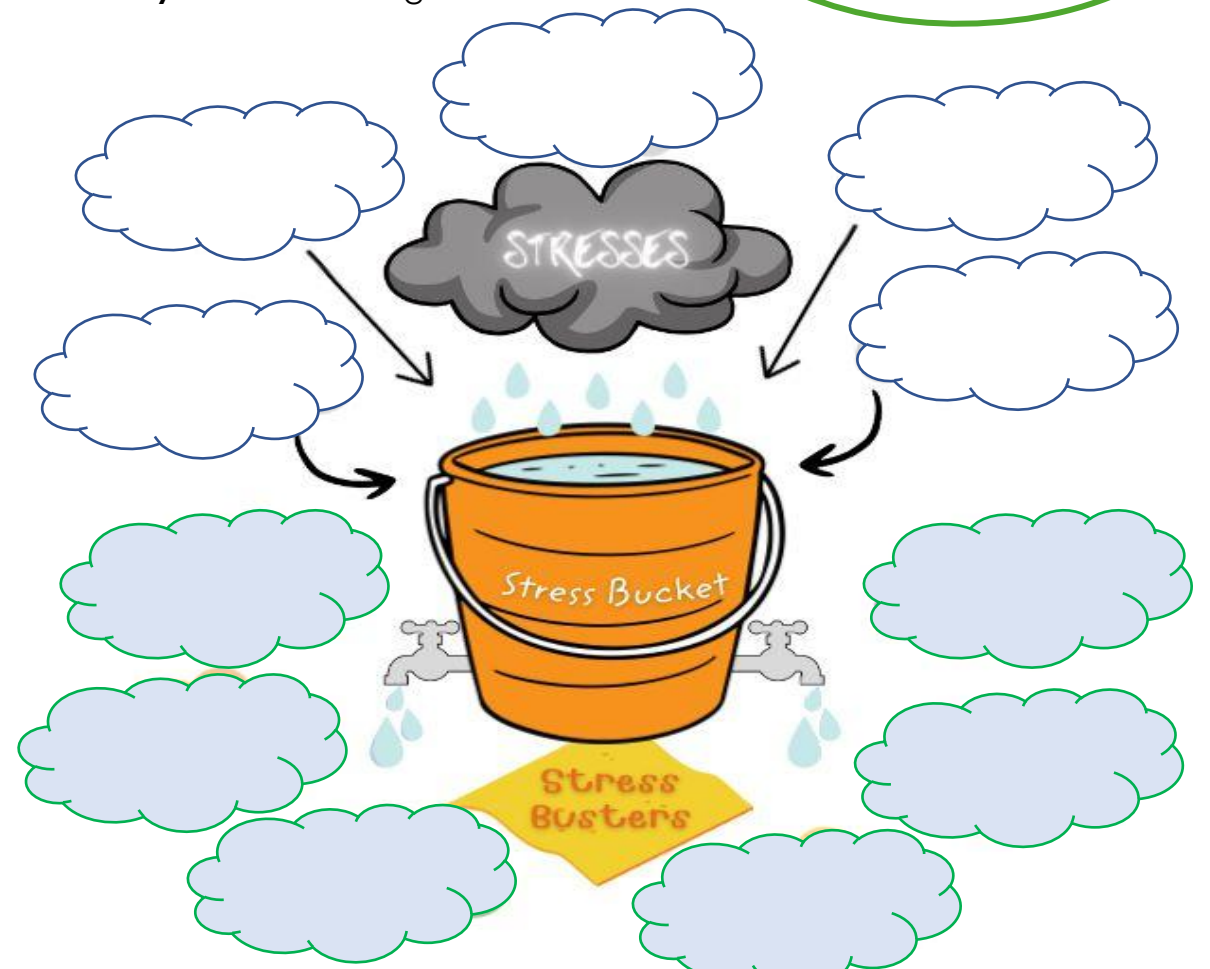
Activity 3: Complete the table below:

Your Thought	Fact	Opinion

Activity 4: My self-compassionate phrase:






Activity 5: Stress management:





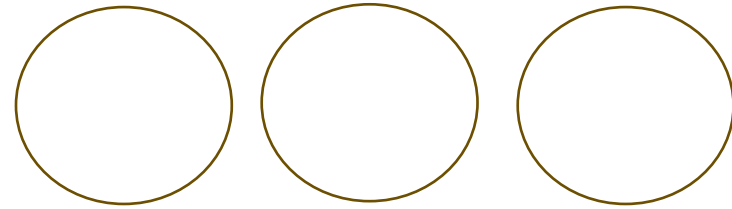
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Activity 6:

-  1. The physical activity I will do more of is _____
-  2. To help me stay motivated I will _____
- 3. A healthy change I need to make to have a balanced diet is _____
-  4. To help me sleep better I need to _____

Activity 8:

If I needed to speak to someone at school I could speak to...



Activity 9: Turn to page 13- Go online and check out these amazing mental health and wellbeing organisations:



Activity 7:

- How often do you spend on your phone/gaming/watching tv?
- Look at the risks of social media, have you ever experienced any of these?
- Detox Tips- What advice did you find helpful?

