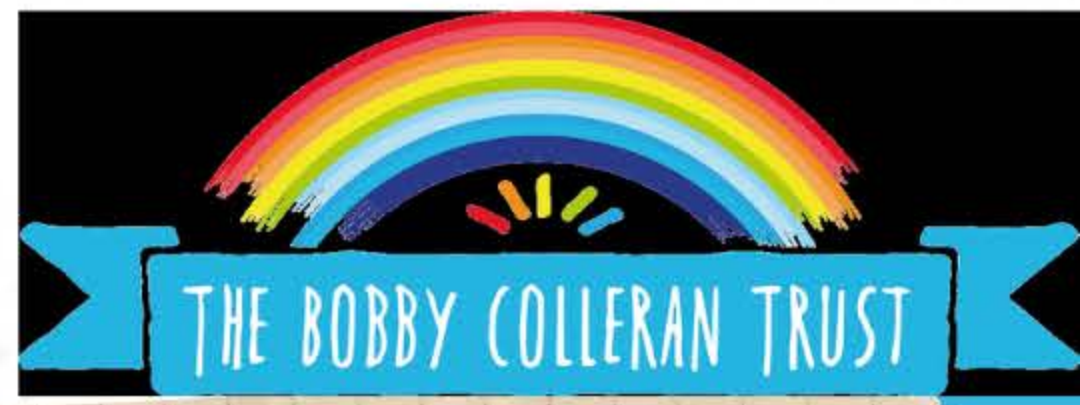




my

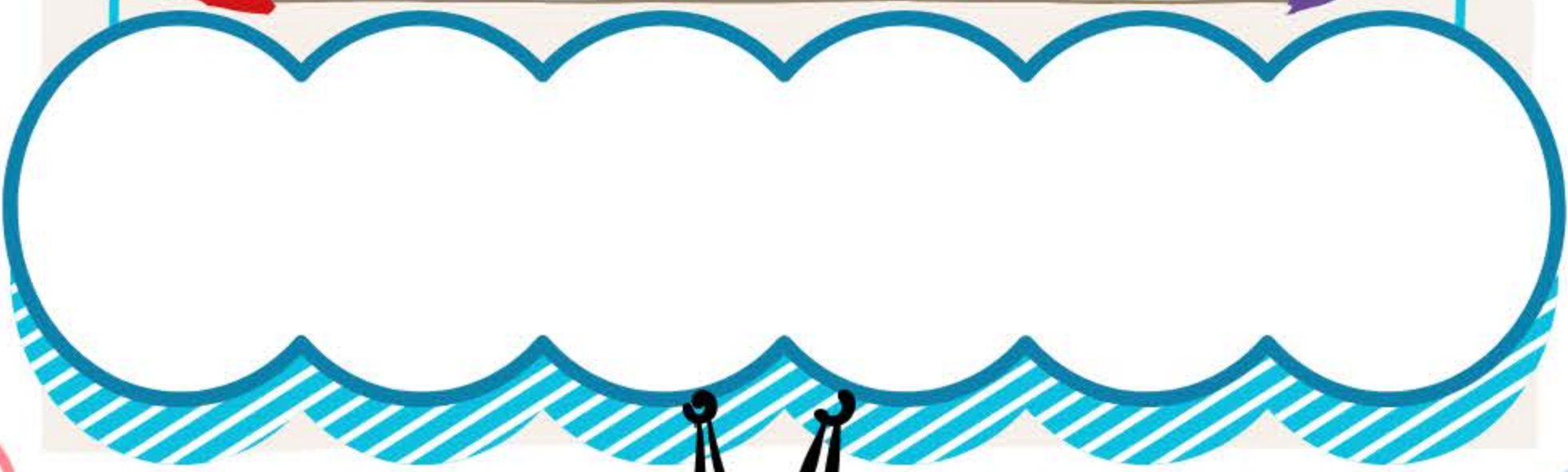
mood

Journal





THIS
JOURNAL
BELONGS
TO



LOOK AT ME !

DRAW A SKETCH OF YOURSELF HERE, INCLUDE ALL THE THINGS ABOUT YOU THAT MAKE YOU, YOU.



Feelings Meter

How are you feeling today?



Angry



Frustrated



Worried



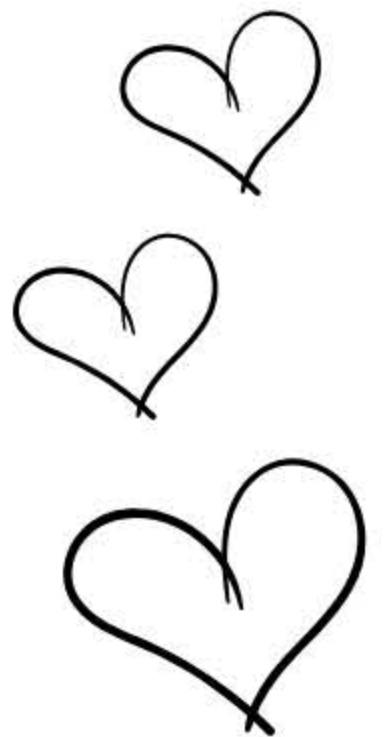
Tired or Sad



Calm



Happy





MOOD TRACKER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES





MONDAY

**BELIEVE THAT
YOU ARE
BRAVE, SMART
& STRONG**

TODAY I WAS PROUD OF....

THREE GOOD THINGS ABOUT TODAY

- 1
- 2
- 3

HOW I HELPED SOMEONE TODAY..

WHAT I LEARNT TODAY ...



FAMILY & FRIENDS I SAW TODAY..





TUESDAY

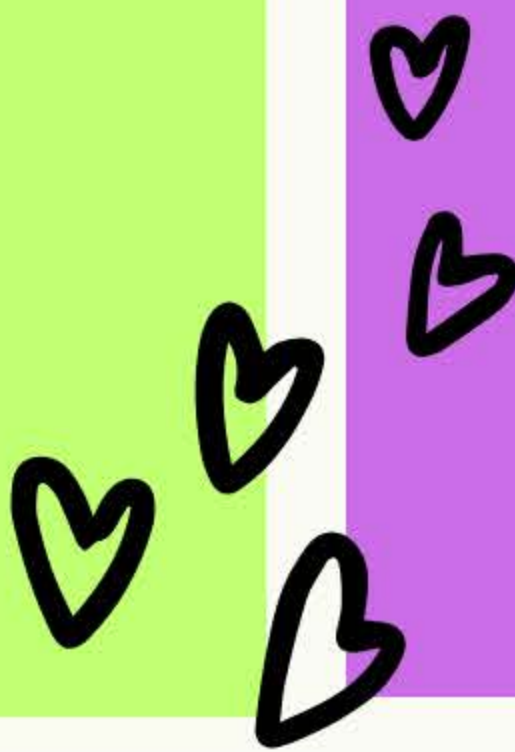
**BEING
HAPPY
NEVER GOES
OUT OF
STYLE**

TODAY I WAS PROUD OF....

THREE GOOD THINGS ABOUT TODAY

- 1
- 2
- 3

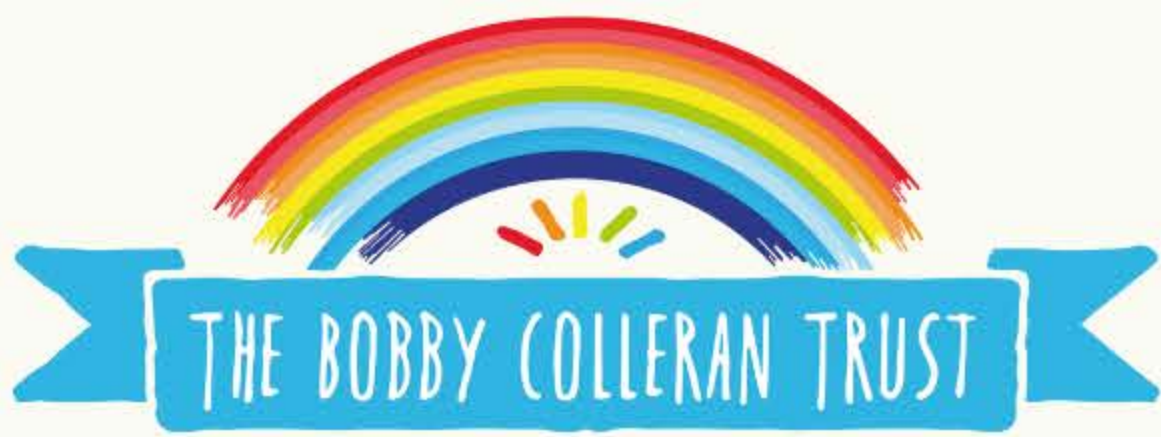
HOW I HELPED SOMEONE TODAY..



WHAT I LEARNT TODAY ...

FAMILY & FRIENDS I SAW TODAY..





WEDNESDAY

BE KIND TO EVERY KIND

TODAY I WAS PROUD OF....



THREE GOOD THINGS ABOUT TODAY

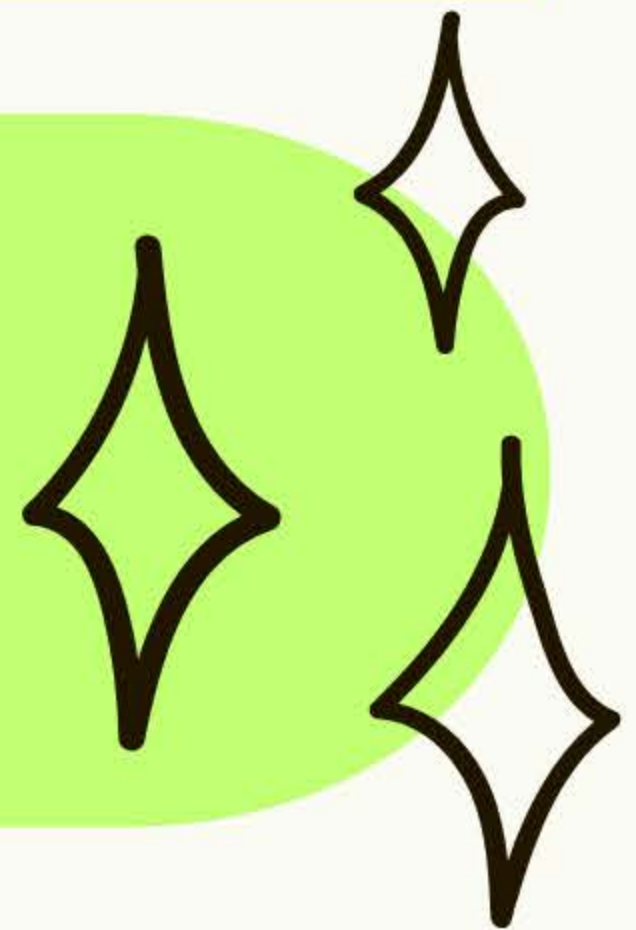
1

2

3

HOW I HELPED SOMEONE TODAY..

WHAT I LEARNT TODAY ...



FAMILY & FRIENDS I SAW TODAY..





THURSDAY



TODAY I WAS PROUD OF....



ITS OK NOT TO BE OK

THREE GOOD THINGS ABOUT TODAY

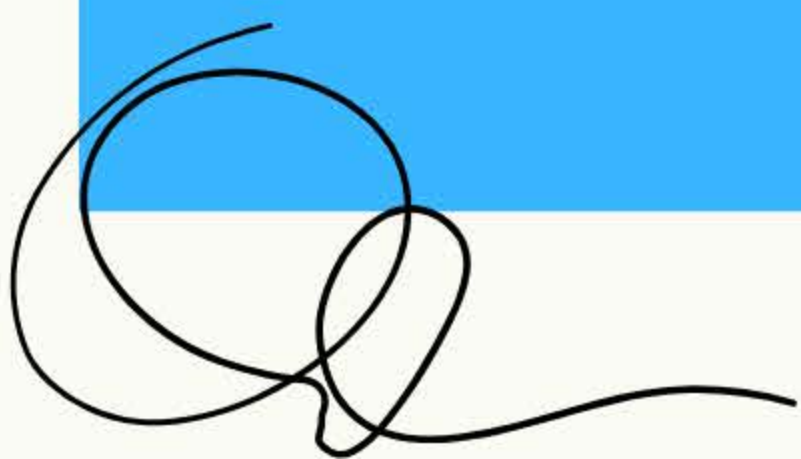
- 1
- 2
- 3

HOW I HELPED SOMEONE TODAY..



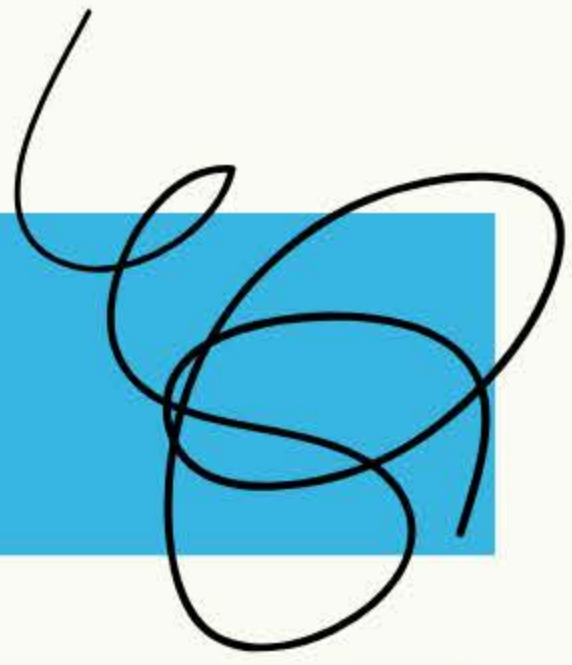
WHAT I LEARNT TODAY ...

FAMILY & FRIENDS I SAW TODAY..





FRIDAY



**LET YOUR
DREAMS
STAY BIG
AND YOUR
WORRIES
STAY SMALL**

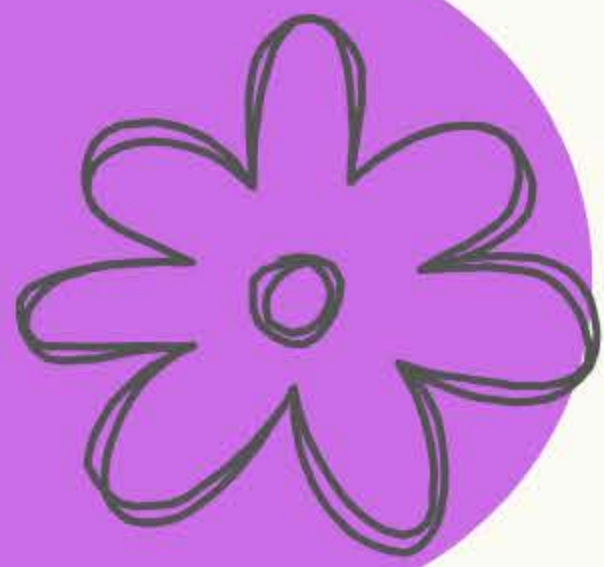
TODAY I WAS PROUD OF....

THREE GOOD THINGS ABOUT TODAY

- 1
- 2
- 3

HOW I HELPED SOMEONE TODAY..

WHAT I LEARNT TODAY ...



FAMILY & FRIENDS I SAW TODAY..





SATURDAY



**NEVER QUIT
STAY
STRONG**



TODAY I WAS PROUD OF....

THREE GOOD THINGS ABOUT TODAY

1

2

3

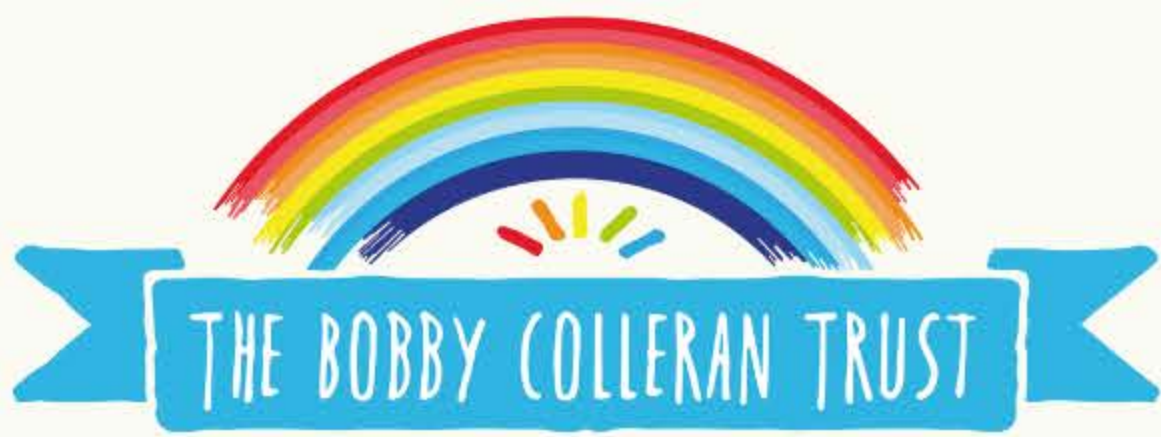
HOW I HELPED SOMEONE
TODAY..

WHAT I LEARNT TODAY ...



FAMILY & FRIENDS I SAW TODAY..





SUNDAY

**MAKE
YOURSELF
PROUD**

TODAY I WAS PROUD OF....



THREE GOOD THINGS ABOUT TODAY

- 1
- 2
- 3

HOW I HELPED SOMEONE
TODAY..

WHAT I LEARNT TODAY ...



FAMILY & FRIENDS I SAW TODAY..



HAPPY AND CONFIDENT WORDS AND PICTURES!

WRITE AND DRAW WHAT MADE YOU FEEL
HAPPY AND CONFIDENT THIS WEEK!



THE BOBBY COLLERAN TRUST

TODAY

I AM GRATEFUL FOR

1








2



3



TODAY I FEEL

				
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WHAT WAS THE MOST AMAZING THING THAT HAPPENED TODAY...

SO HOW CAN WE DEAL WITH THIS
DIFFICULT EMOTION?

WORRIED



**Take slow,
deep breaths**

**Tell a friend,
parent or carer
how you feel**

**Go for a run or
play a sport**

**Write down or
draw how you feel
on a piece of
paper, then screw it
up in a ball and
throw it in the bin!**

**PHEW, THAT
FEELS GOOD!**

**THE NEXT
TIME YOU FEEL
WORRIED TRY
USING THESE
TRICKS**

**SO HOW CAN WE DEAL WITH THIS
DIFFICULT EMOTION?**

SAD

**Ask for
a cuddle**

**Talk to your
parent or carer**

**Talk to
a friend**

Cuddle a pet

**Read a
book that
you love**

**Draw
a
picture**

**Listen to music
that makes you
feel happy**

**AHHH, THAT
FEELS BETTER!**

**THE NEXT TIME
YOU FEEL SAD,
TRY USING THESE
TRICKS.**



SO HOW CAN WE DEAL WITH THIS
DIFFICULT EMOTION?

ANGRY



**Take deep
breaths**

Hit a pillow

**Go for
a run**

Count to 10

**PHEW, THAT
FEELS BETTER!**

**THE NEXT TIME
YOU FEEL ANGRY,
TRY USING THESE
TRICKS.**



HOW TO TALK ABOUT FEELINGS

TALKING ABOUT FEELINGS CAN BE TRIKCY AND EVEN A BIT FRIGHTENING! HERE ARE SOME CLEVER TRICKS TO HELP MAKE IT EASIER:



TALK ABOUT HOW YOU FEEL- NOT HOW YOU THINK OTHER PEOPLE ARE FEELING



TAKE A DEEP BREATH IF SOMETHING FEELS DIFFICULT TO SAY



WRITE DOWN WHAT YOU WOULD LIKE TO SAY



TALK WHILE DOING SOMETHING ELSE (LIKE WALKING, BAKING OR PLAYING A GAME)



SAY HOW TALKING IS MAKING YOU FEEL



STOP IF YOU NEED A BREAK



USE DRAWING TO SHOW HOW YOU ARE FEELING



MOVE YOUR BODY TO SHOW HOW YOU ARE FEELING



USE CHARACTERS FROM BOOKS AND TV SHOWS TO SHOW HOW YOU FEEL



BE PLAYFUL- EVEN IF YOU ARE TALKING ABOUT A DIFFICULT EMOTION, YOU CAN STILL BE CREATIVE, IF THAT FEELS RIGHT

I KNOW THAT
THESE THINGS MAKE
ME HAPPY

WHEN I FEEL SAD OR UPSET
THESE THINGS MAKE ME
FEEL BETTER...

WHAT HAVE
I LEARNT
ABOUT ME?

I REALLY
LIKE THESE
THINGS ABOUT
MYSELF

I HAVE LOTS
OF REASONS TO BE
CONFIDENT ABOUT ME
AND THEY ARE...





WAYS TO MANAGE MY FEELINGS

HERE'S WHAT I SHOULD DO:



Blue square

Red square

Yellow square

Red square

Green square

Blue square



THESE THINGS KEEP ME INCONTROL AND ALLOW ME TO DO THE THINGS I NEED TO DO





Road Safety Awareness, Childrens
Mental Health & Bereavement Support

'Together we can make a difference'