
My Journal

KS1 and 2





Hello!

This is your journal to use how *YOU* want.

It is important to share feelings.

A journal can help us if it is hard to talk.

Writing or drawing daily can also help us to think clearly.

It can help focus on good things,
share worries and plan what to do next.

We hope you enjoy your journal.

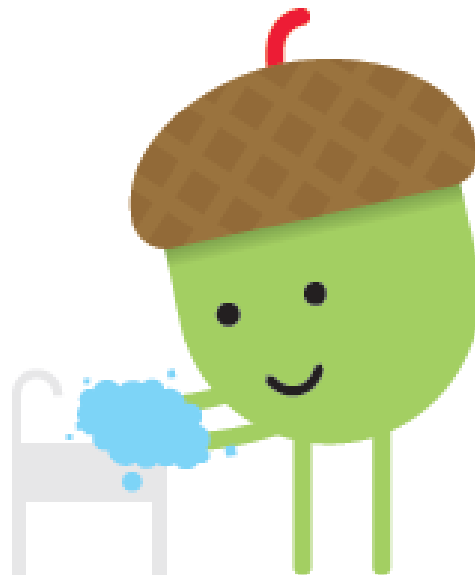
Love from,

Forest Oak staff.



**TRY TO KEEP
YOUR DISTANCE**

**DON'T FORGET
WASH
YOUR
HANDS**



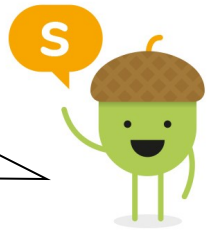
These help me to

smile



Day: _____

Draw or
write



I feel



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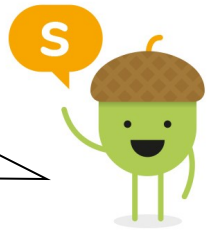
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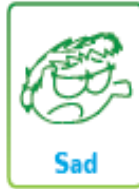


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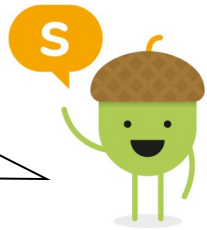
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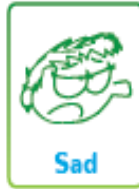


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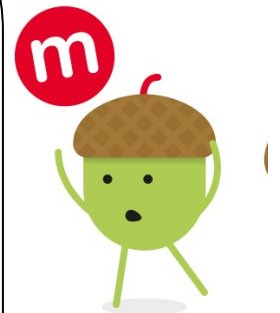


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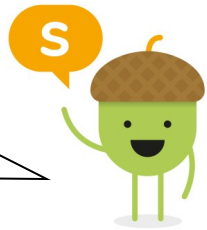
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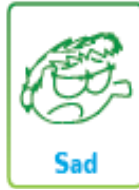


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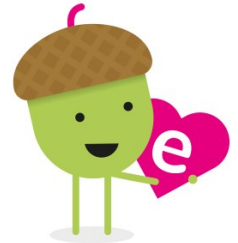
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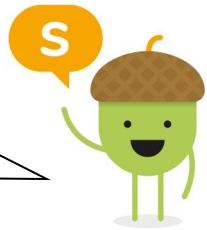
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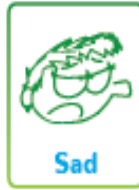


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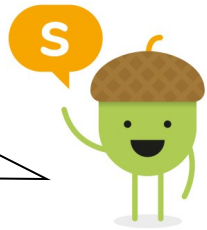
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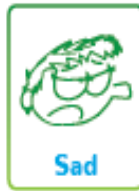


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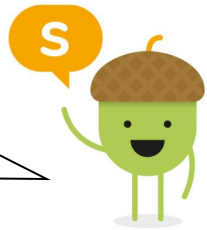
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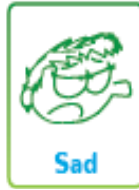


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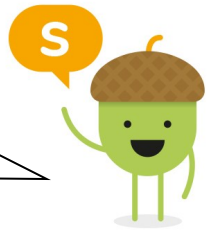
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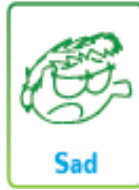


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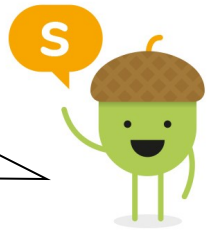
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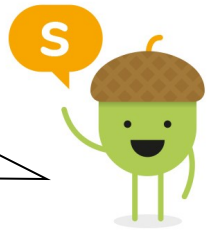
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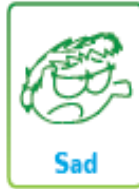


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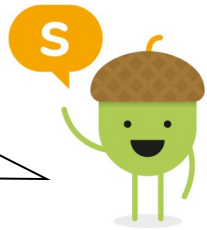
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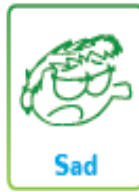


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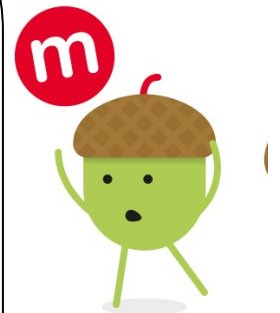


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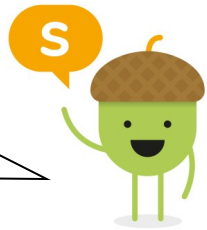
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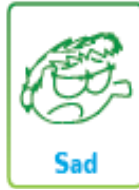


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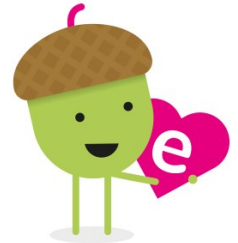
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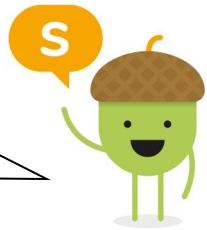
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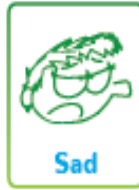


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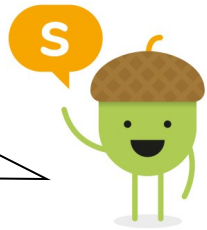
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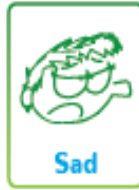


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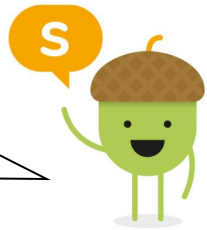
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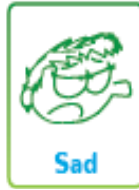


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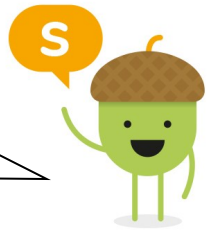
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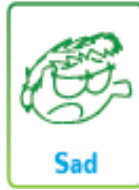


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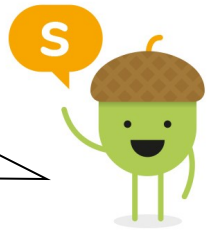
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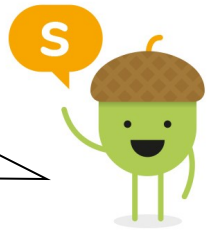
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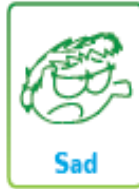


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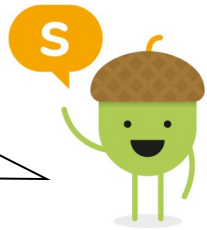
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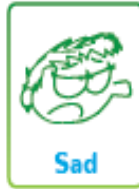


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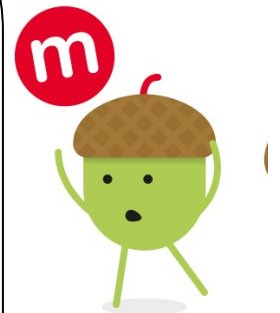


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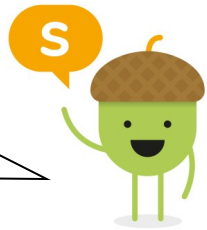
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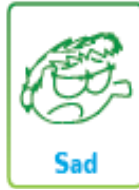


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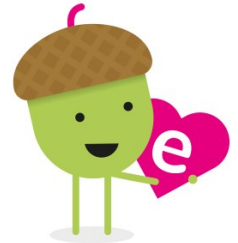
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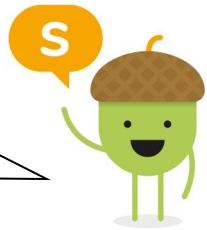
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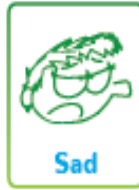


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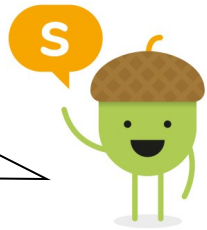
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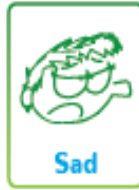


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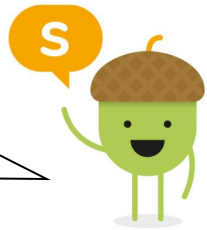
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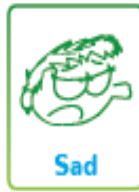


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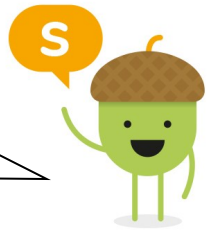
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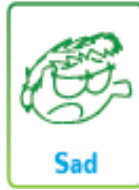


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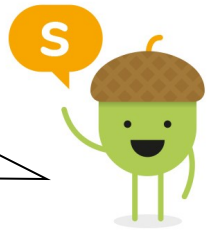
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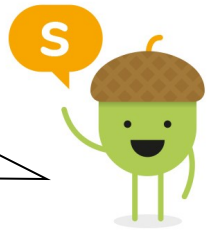
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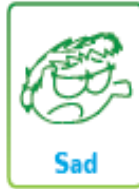


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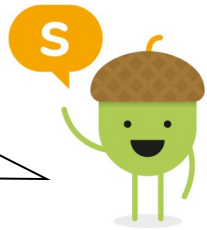
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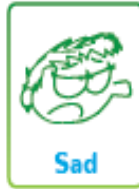


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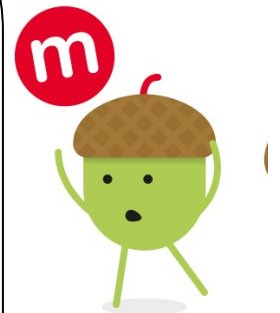


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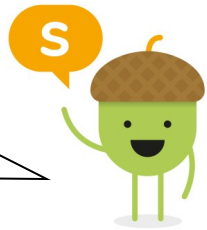
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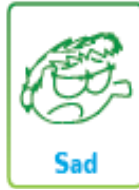


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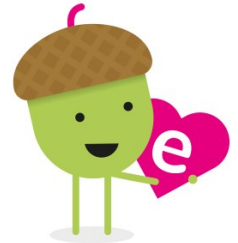
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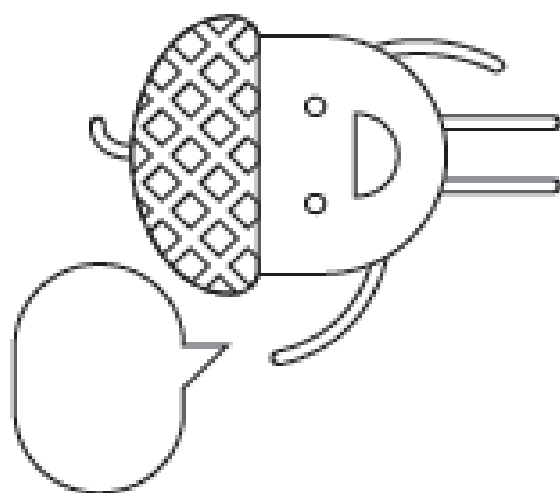
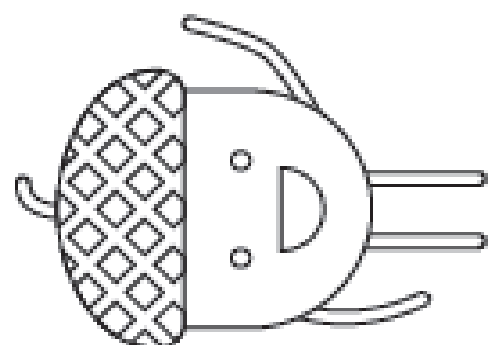
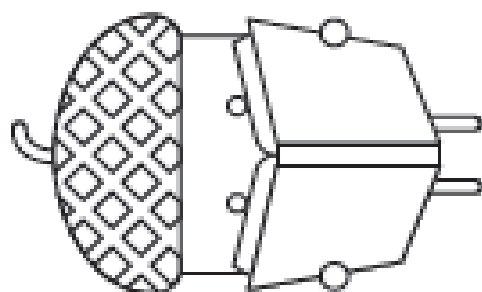
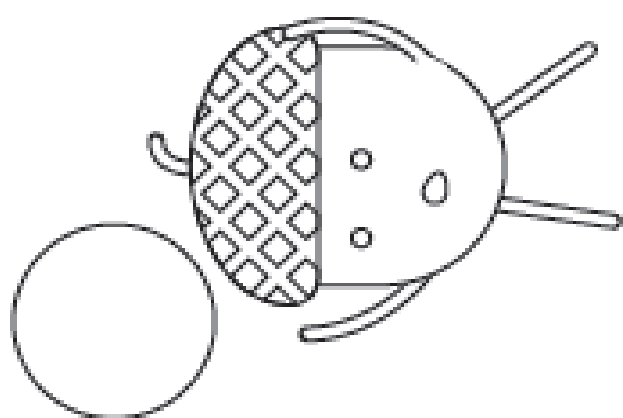
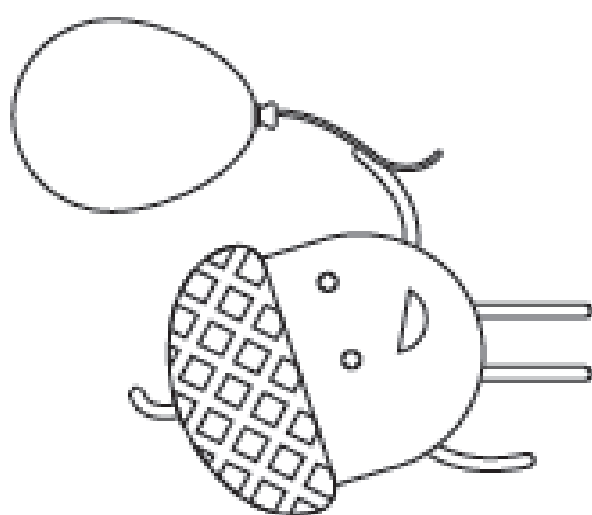
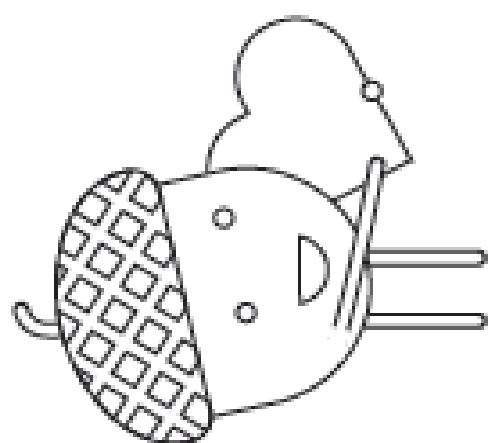
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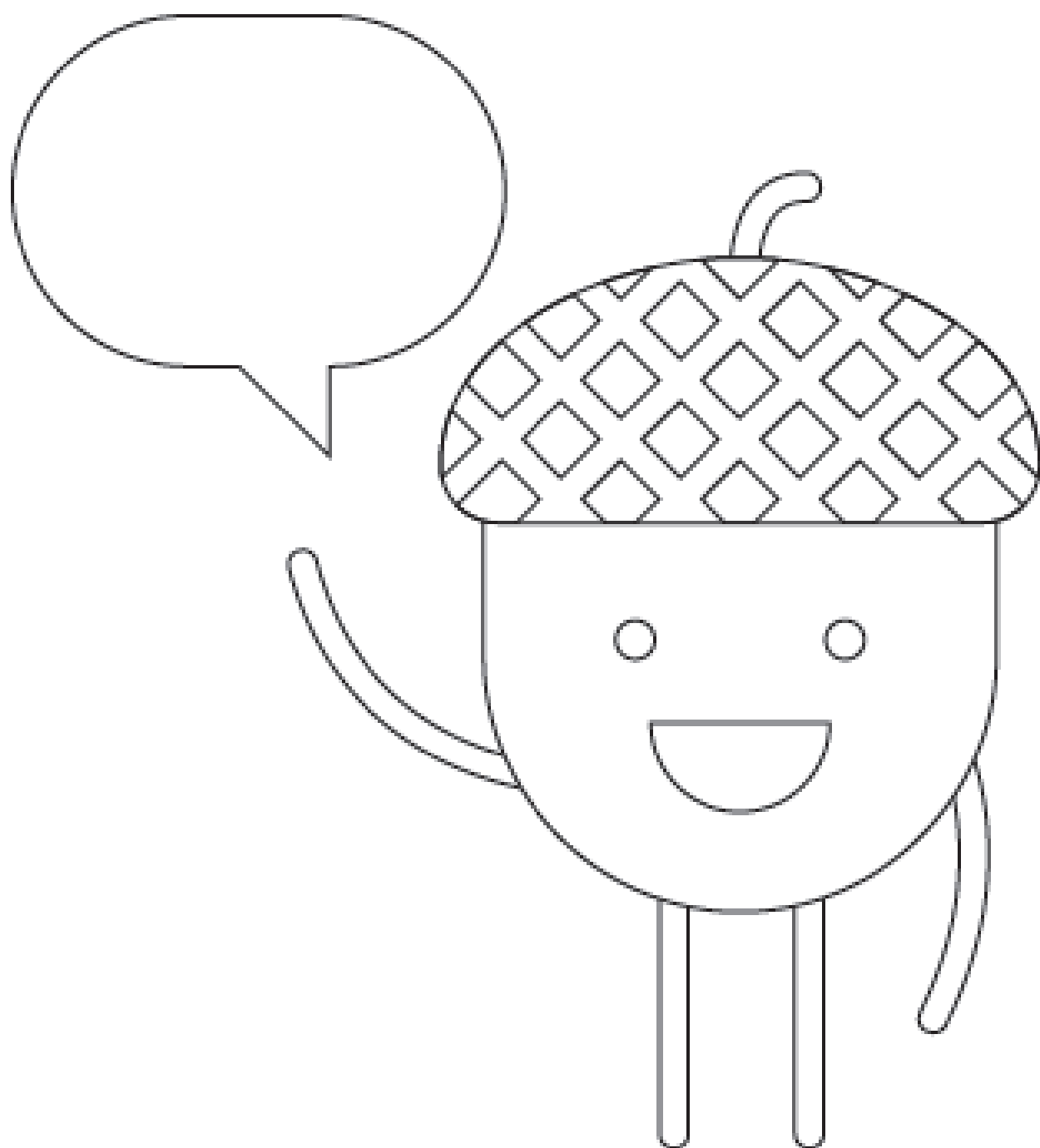
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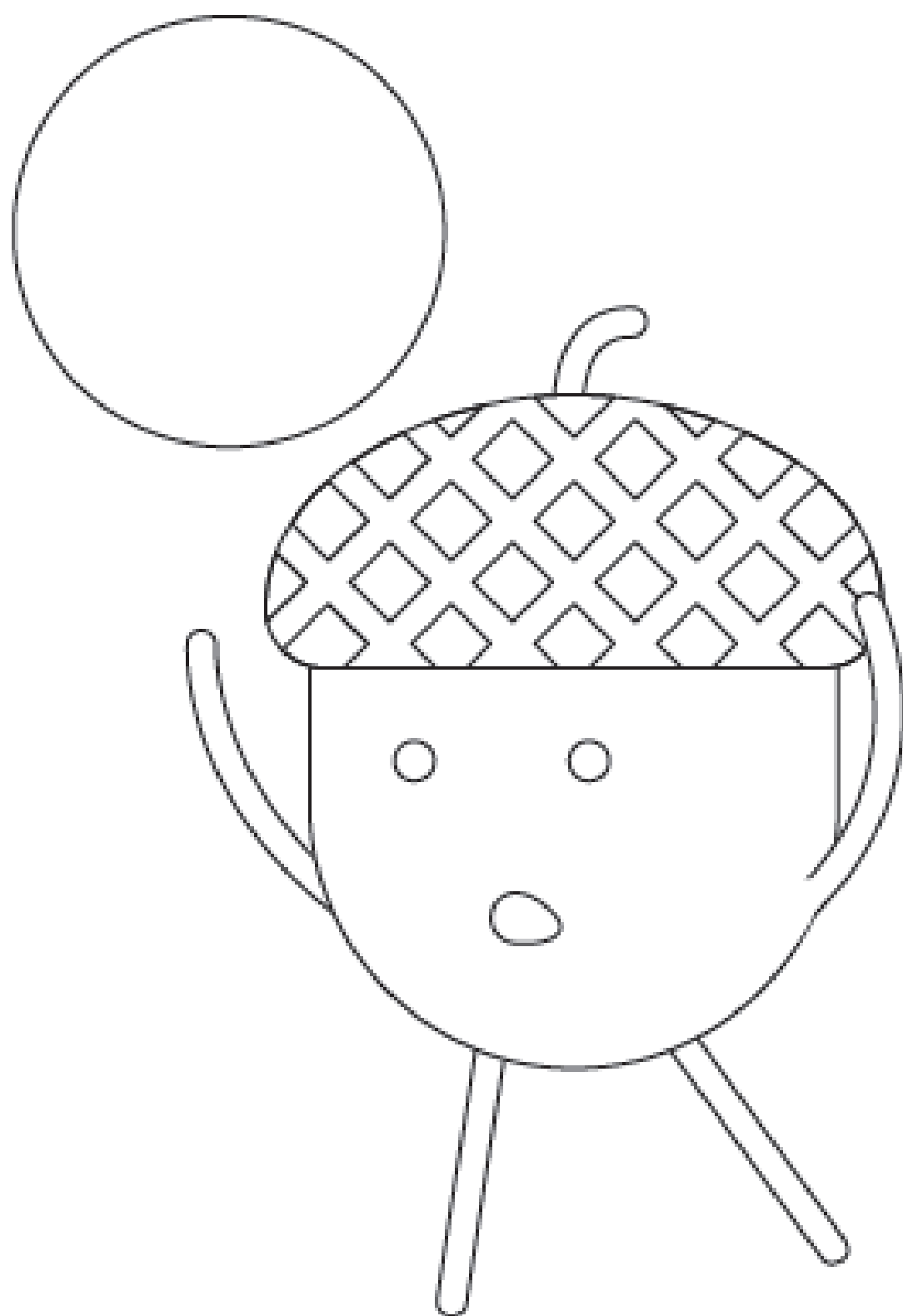


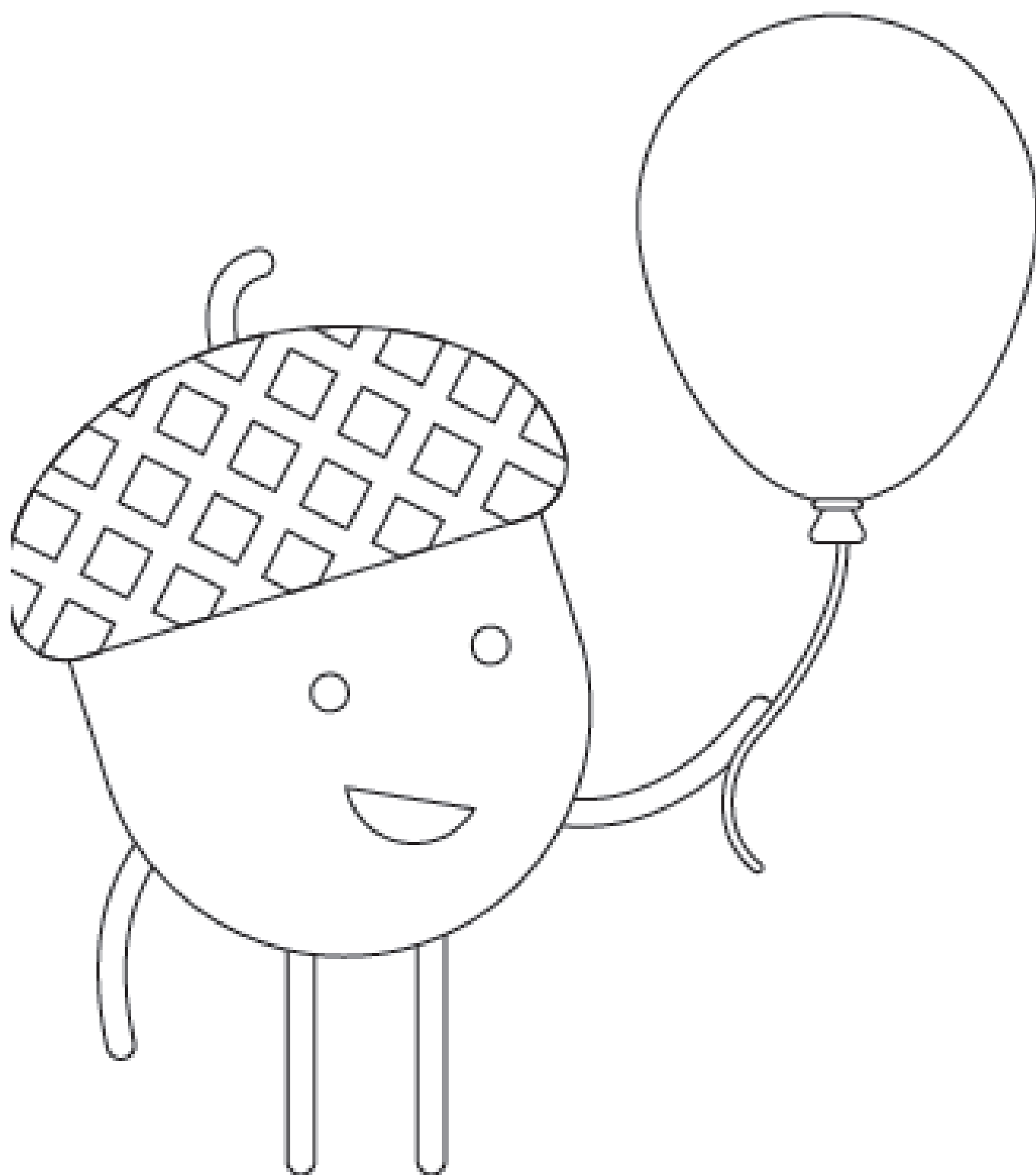
Colouring pages

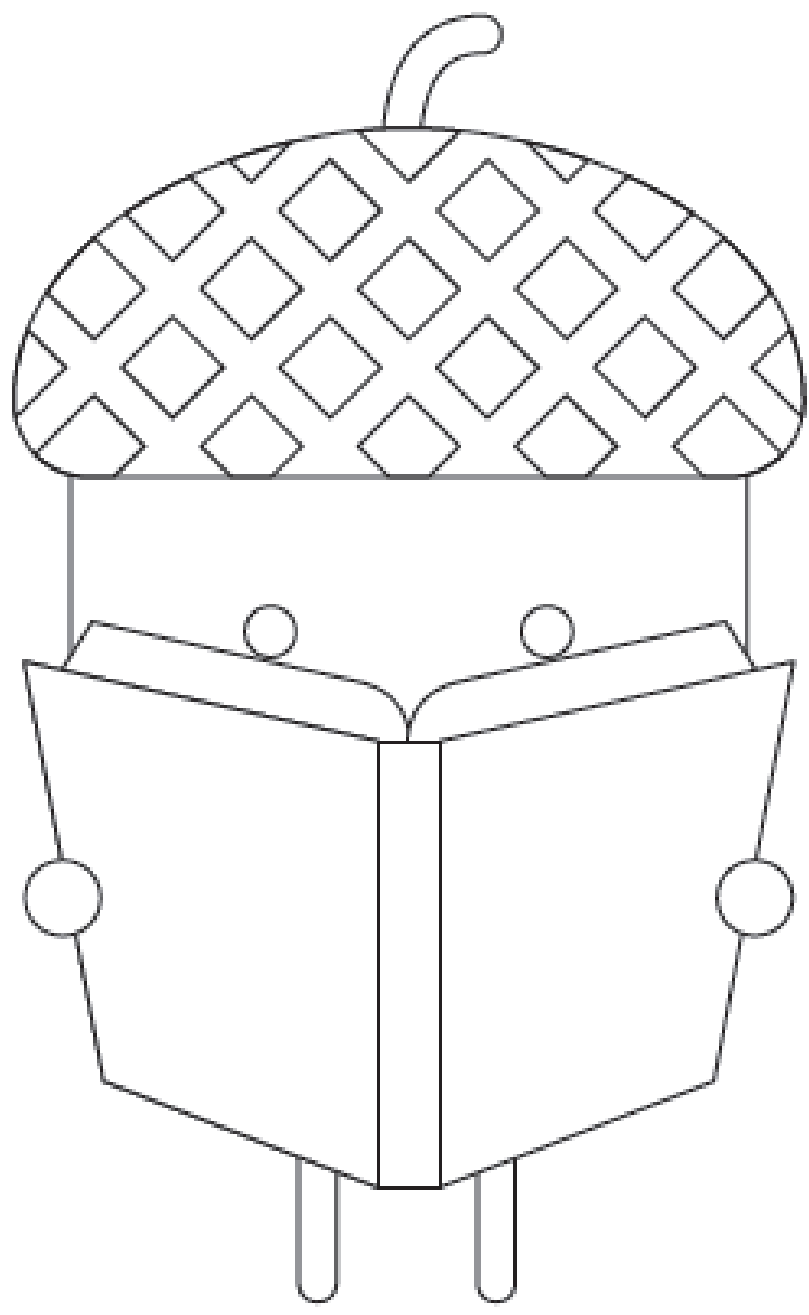


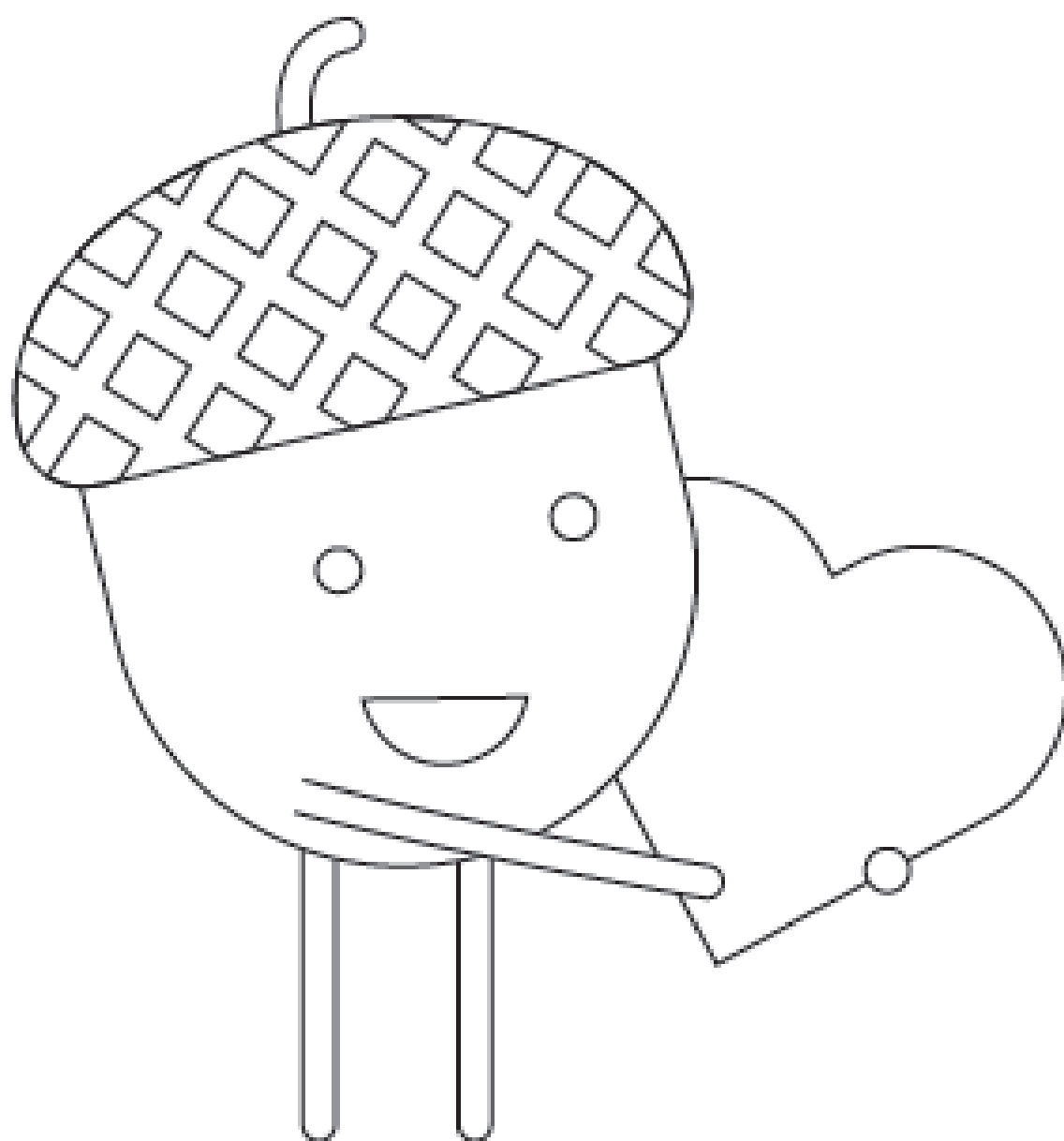








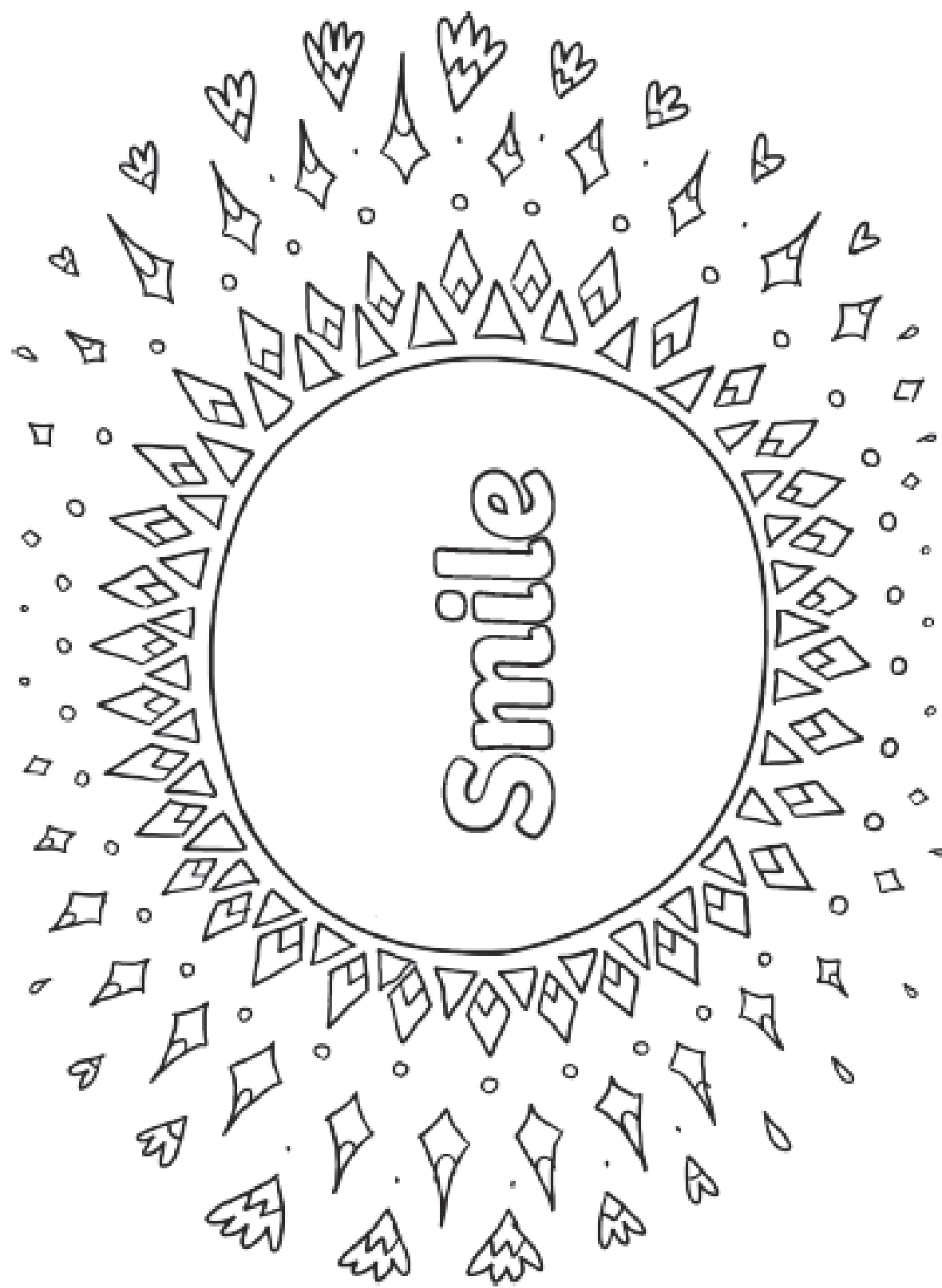


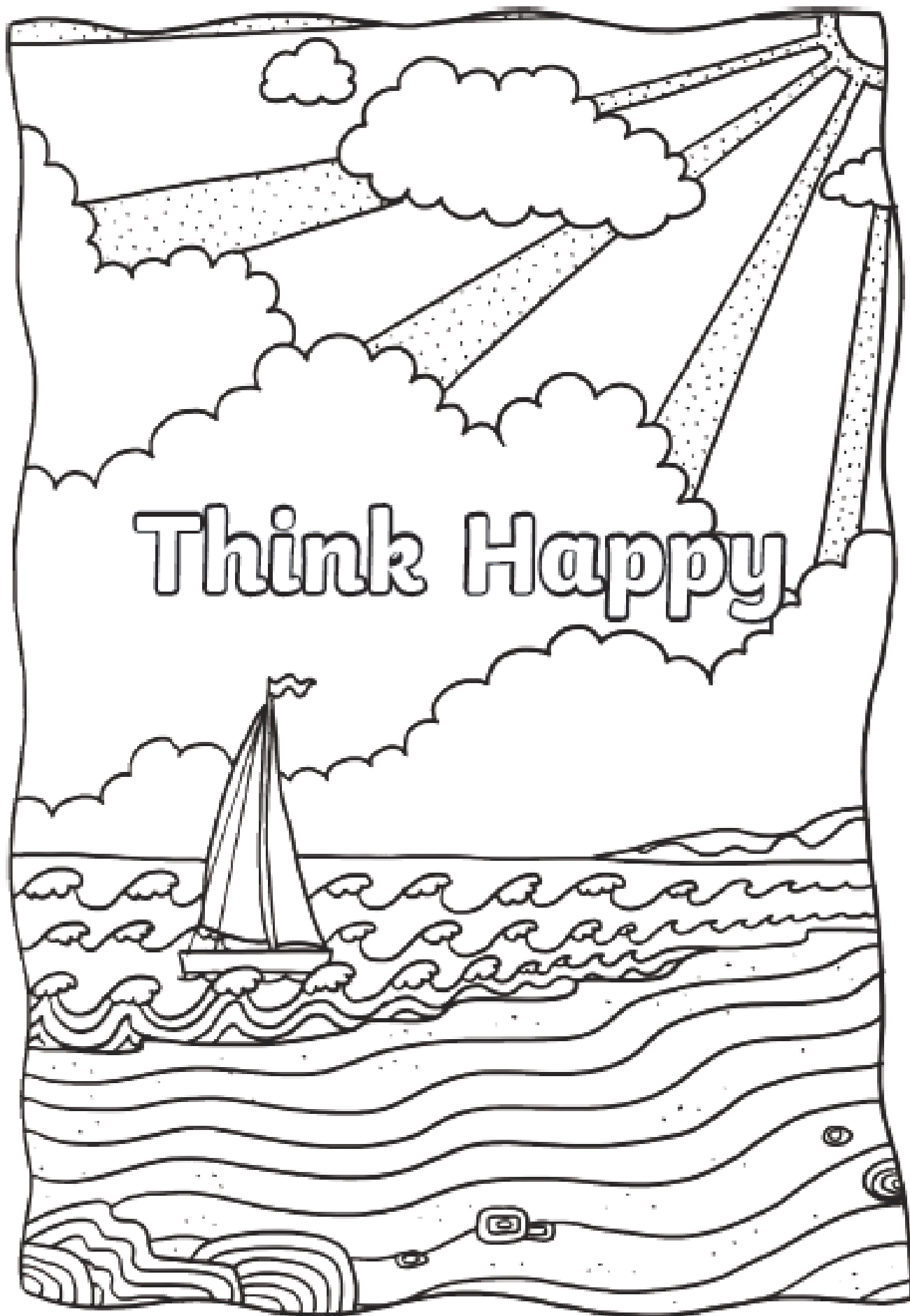


We're All In This



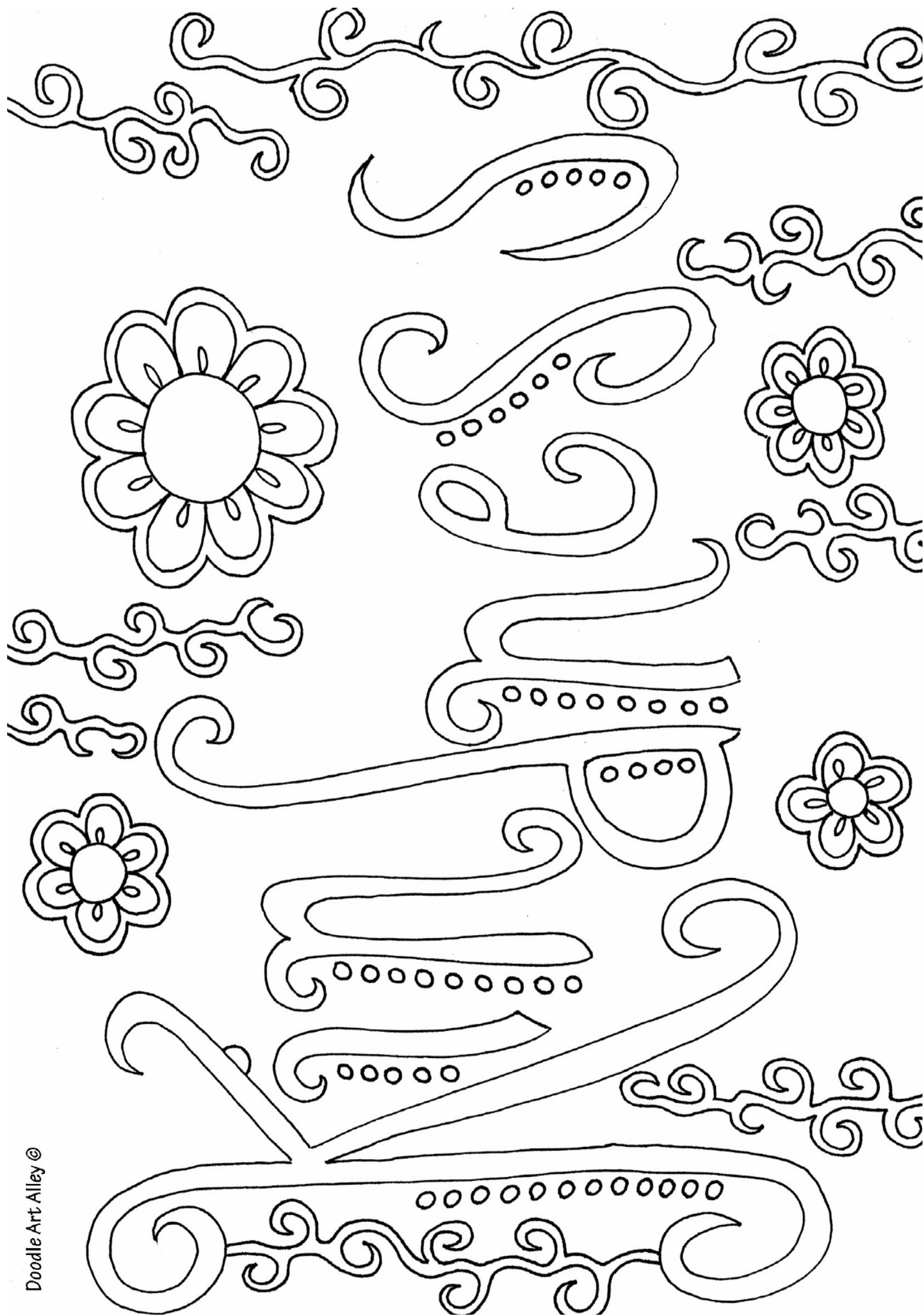
Together







Be Brave



Doodling pages



People I can talk to:

Free, safe and anonymous online counselling and support

keeth

umbrella
0121 237 5700
Sexual health services for everyone

0345 634 7650
beat
beating eating disorders

FOREST OAK SCHOOL

These are people who can help in school

- Mrs Morley, Principal
- Mrs Maddison, Deputy Head
- Miss Matthews, Assistant Head
- Miss Powers, Assistant Head
- Miss Jerrard, Wellbeing
- Sam, Child & Family Support
- Barbara, Learning Mentor
- My class Tutor & Staff
- Mental Health First Aiders
- School Nurses Sharon & Laura

ChildLine
0800 1111

CLICK CEOP
Internet Safety
Worried? We can help.

Having a mental health crisis?

Text 8474 to 8474 for free 24/7 support across the UK if you are experiencing a mental health crisis.

YoungMinds
Crisis Messenger

Share how you are feeling!
You can talk to any adult in school and they will listen.

.....'s coping scale and plan



10

9

8

7

6

5

4

3

2

1

What it feels and
looks like.

What I need to do
to help myself.



