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# My Journal

KS3





**Hello and welcome to your journal!**

This is YOUR journal to use how YOU want.

We all know it is important to share how we feel. Please talk to others.

A journal is another way to 'check in' with staff, family or yourself.

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

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

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

We hope you enjoy using your journal.

**Love from,  
Forest Oak staff**



People I can talk to and helpful contact information:

**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

**Free, safe and anonymous online counselling and support**  
keoth

**umbrella**  
0121 237 5700  
Sexual health services for everyone

**beat**  
0345 634 7650  
beating eating disorders

**ChildLine**  
0800 1111

**Having a mental health crisis?**

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

**CLICK CEOP**  
Internet Safety  
Worries? We can help.

**FOREST OAK SCHOOL**



## 's coping scale and plan



10

What it feels and looks like.

9

8

7

What I need to do to help myself.

6

5

4

3

2

1



**DON'T FORGET**  
**WASH**  
**YOUR**  
**HANDS**



**TRY TO KEEP**  
**YOUR DISTANCE**



Positive strategies I use to help my wellbeing.



Today's date: \_\_/\_\_/\_\_



Draw or write



Today I feel...



I'm grateful for.....



Challenges...

Goals...



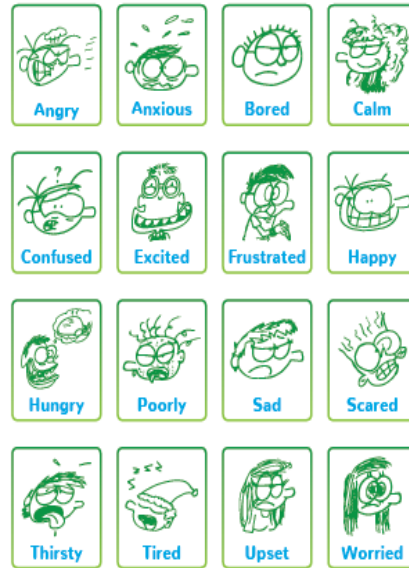
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Challenges...

Goals...



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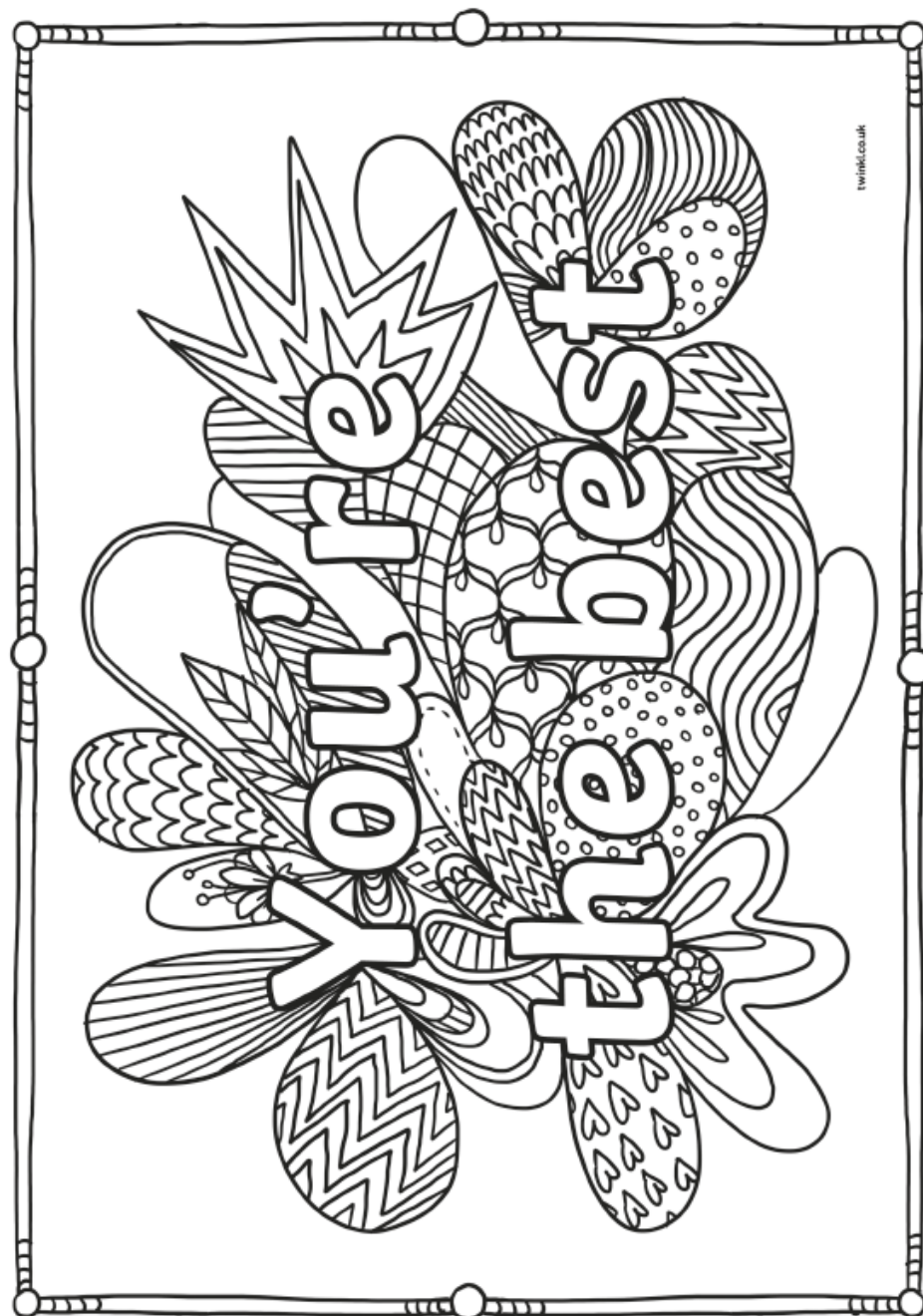


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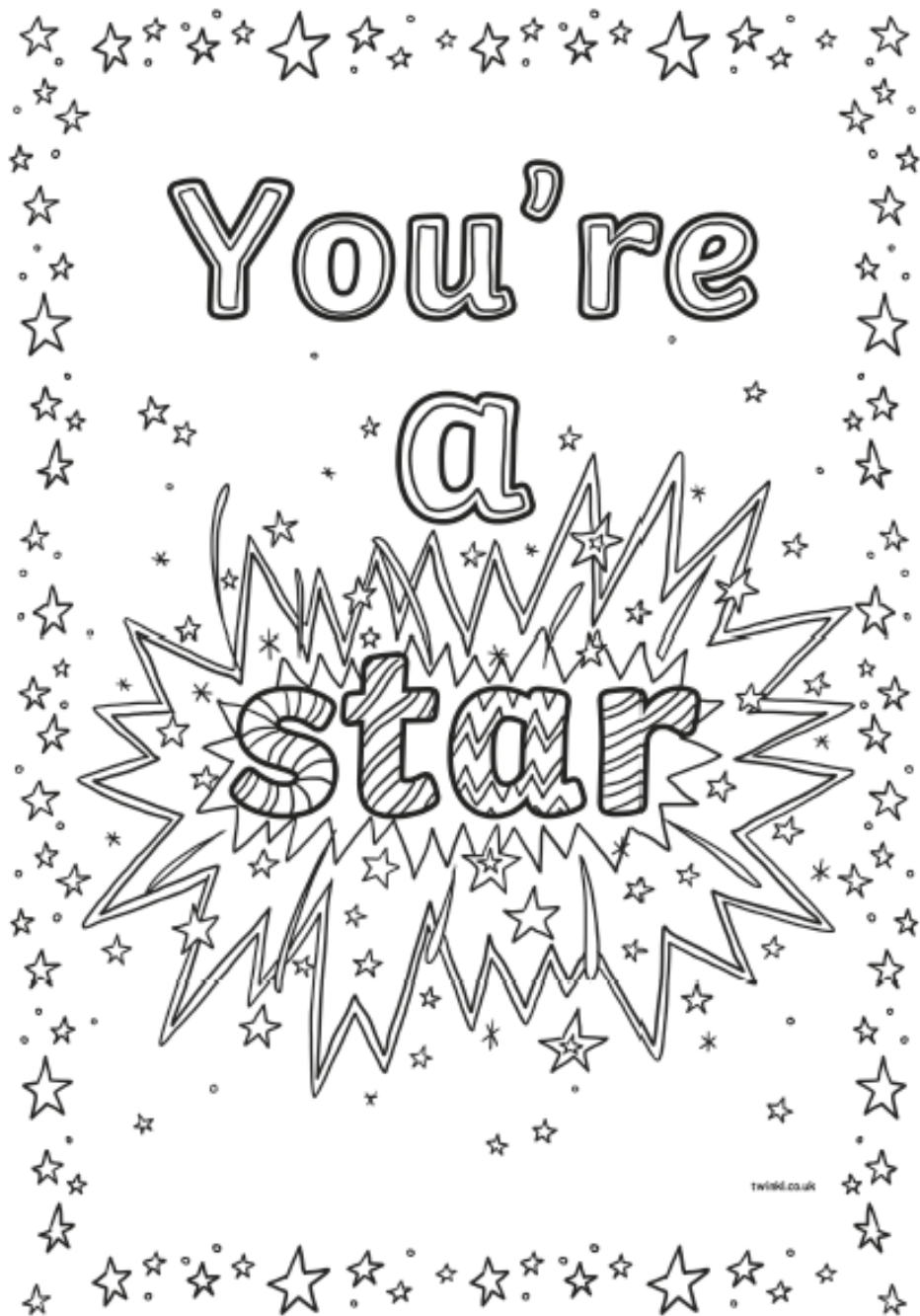


Challenges...

Goals...







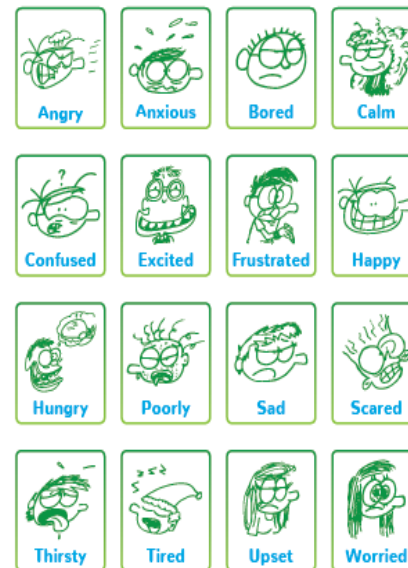
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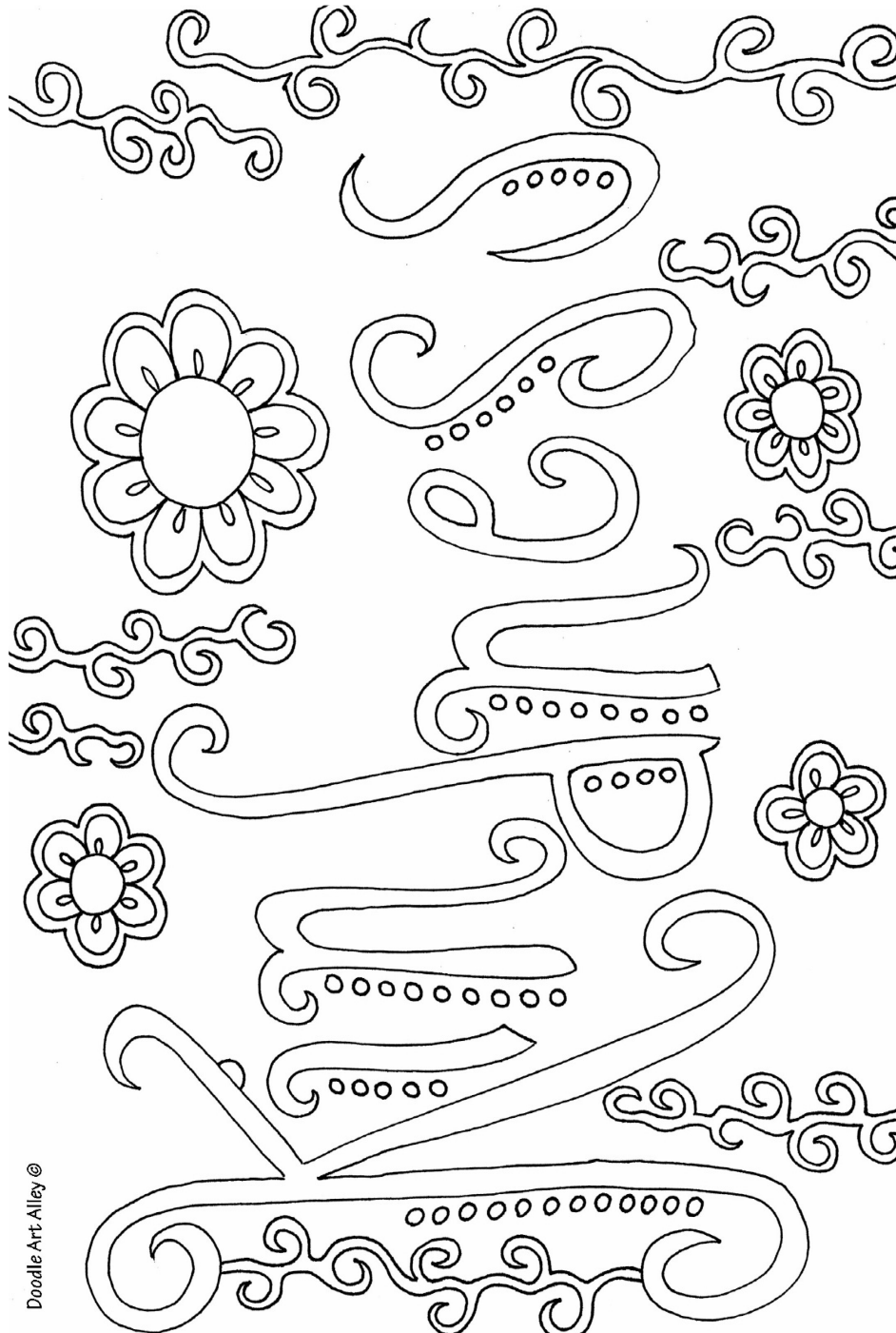
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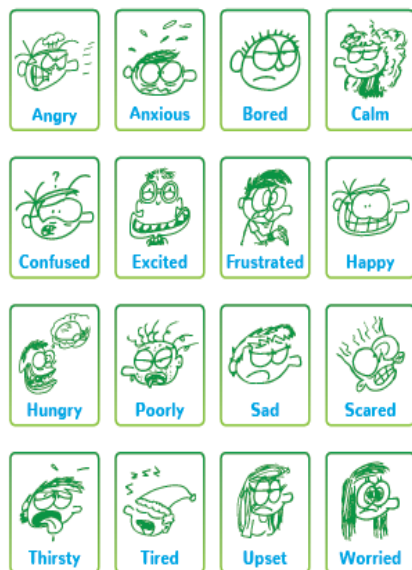
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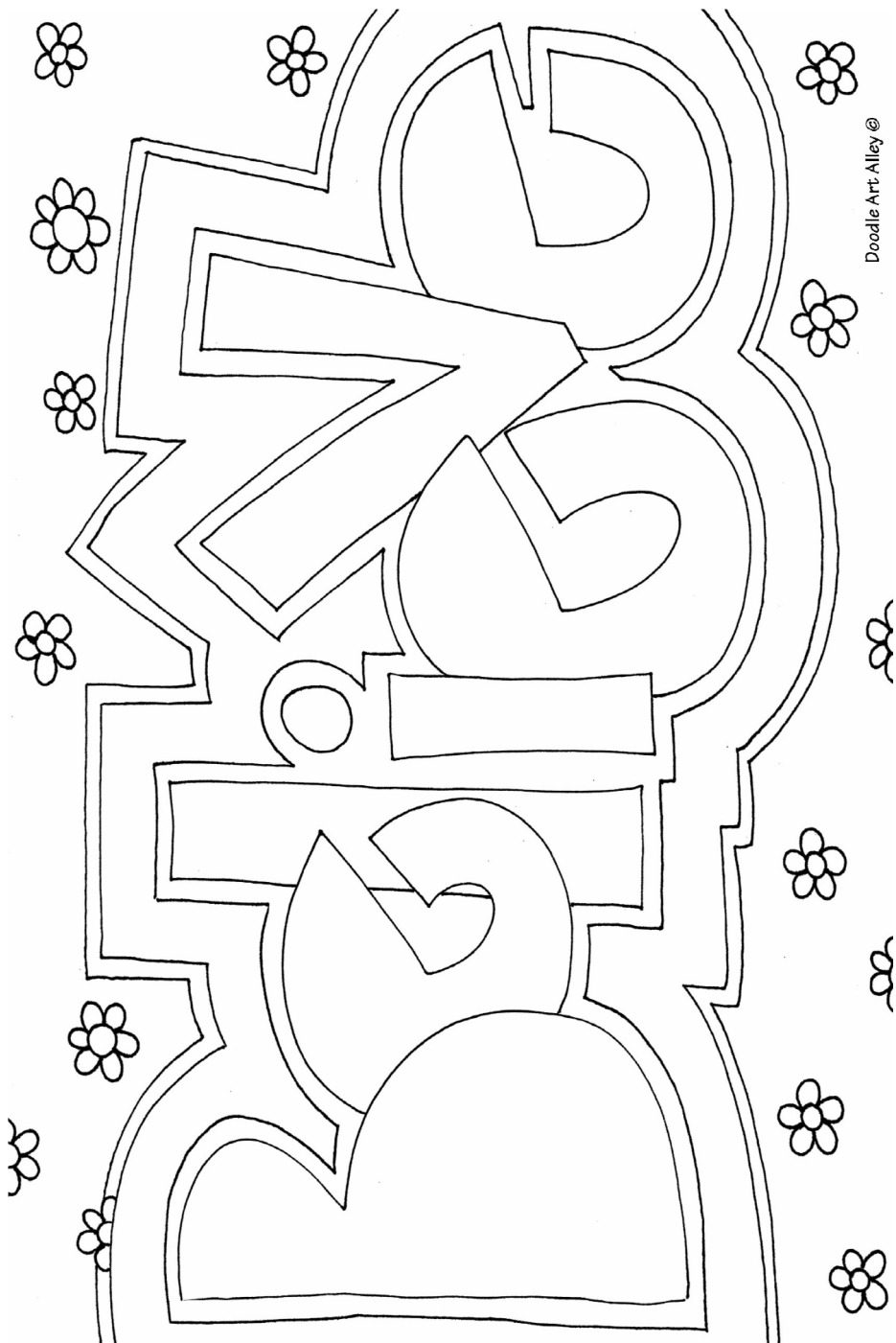
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an ethos based approach to supporting school community mental health & wellbeing

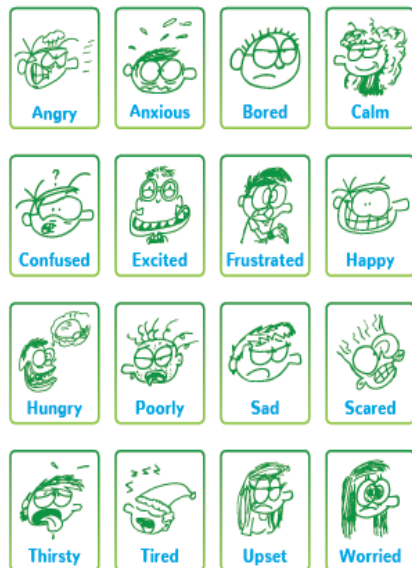
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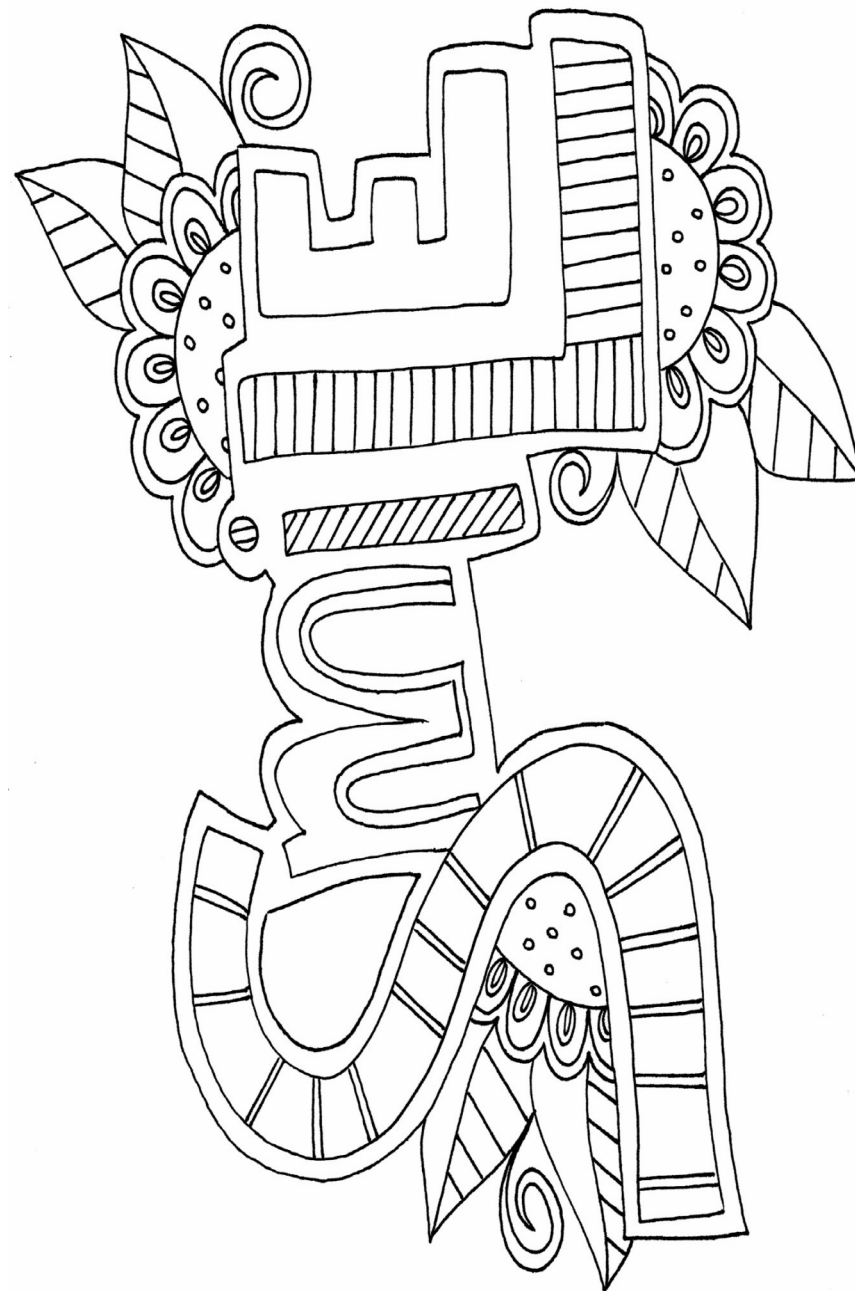


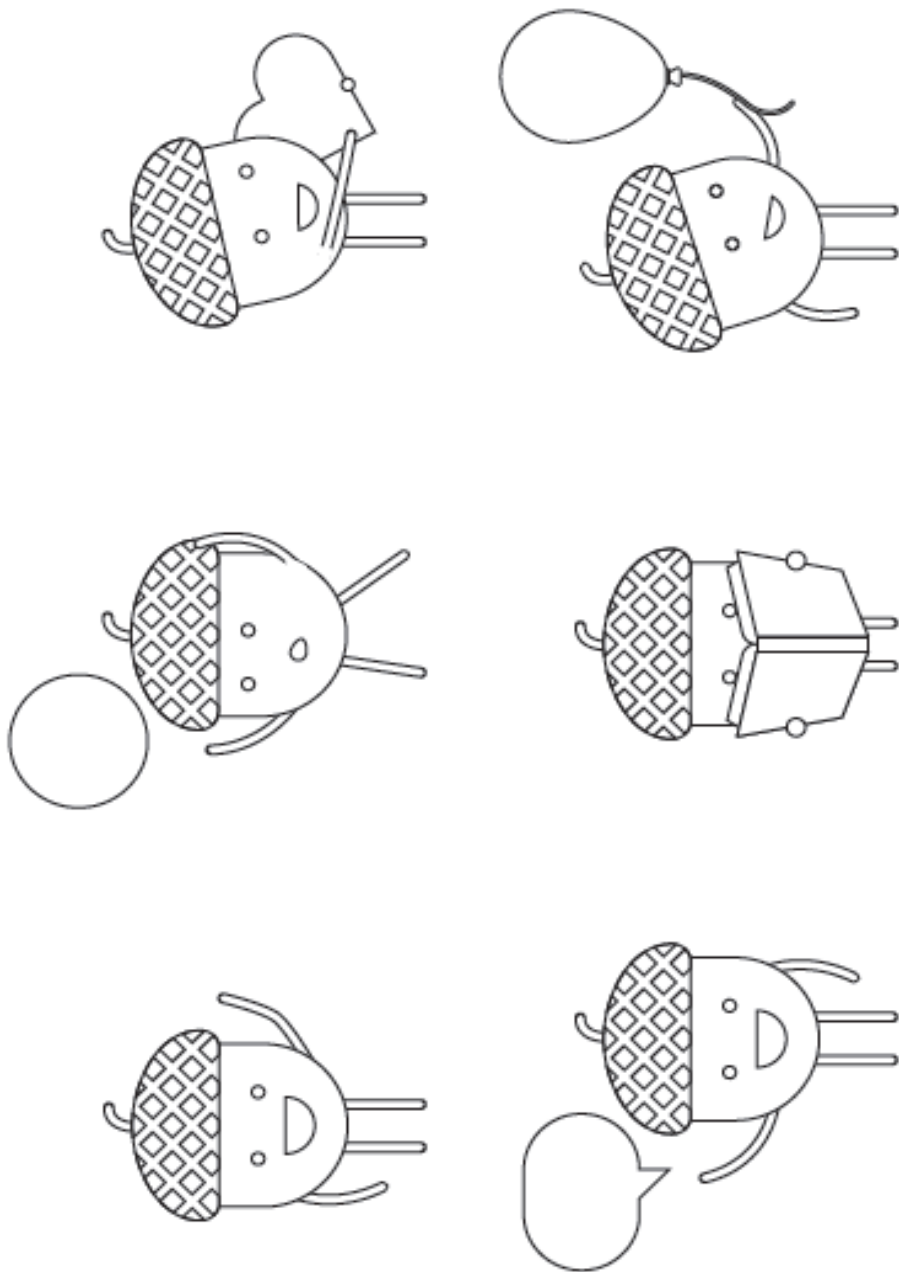
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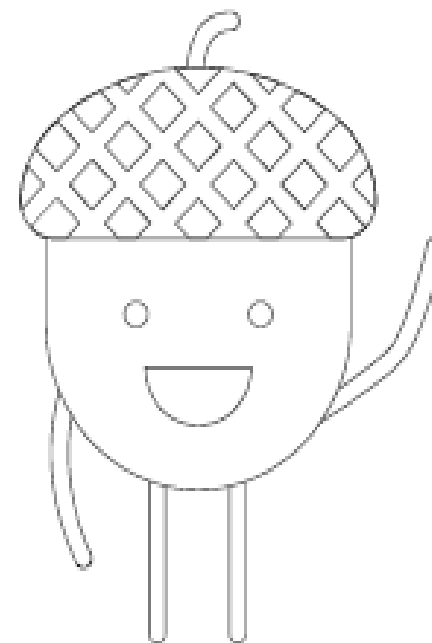
Challenges...

Goals...



Pages to colour, doodle, write or draw!

If it makes you happy ask the staff for more!



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Challenges...

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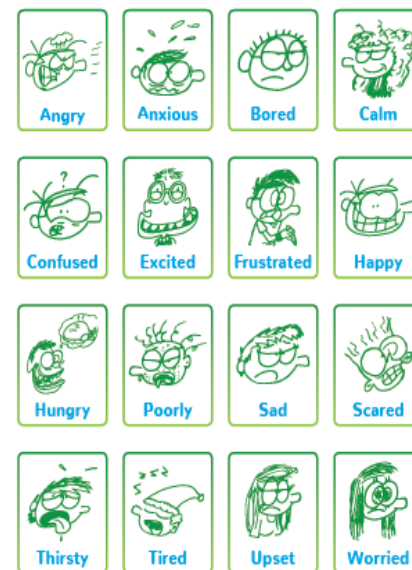
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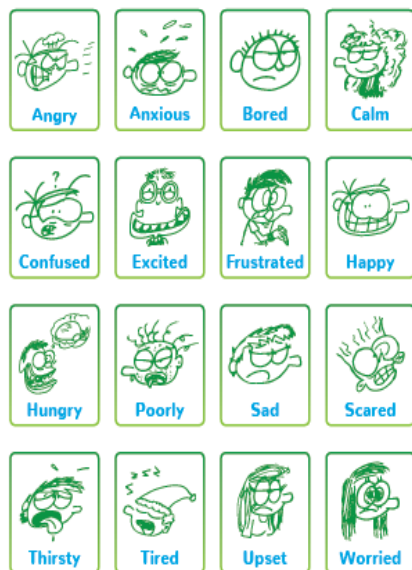
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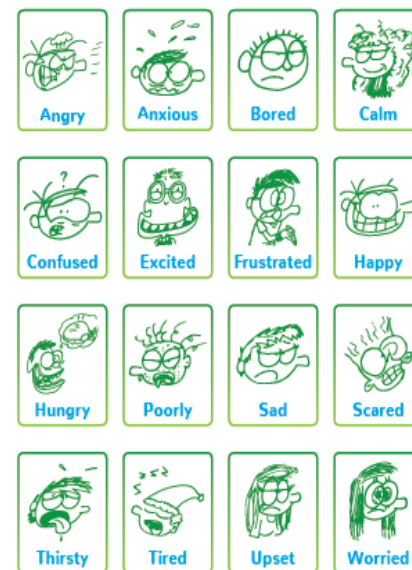
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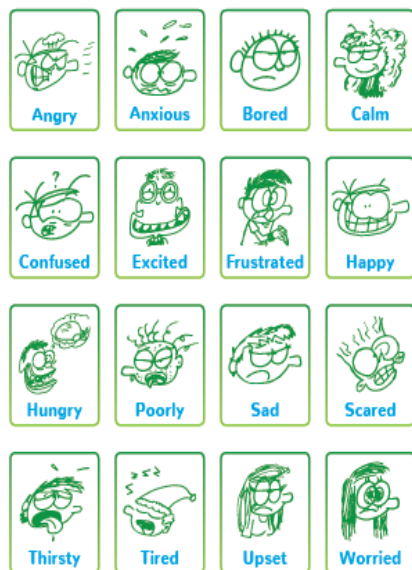
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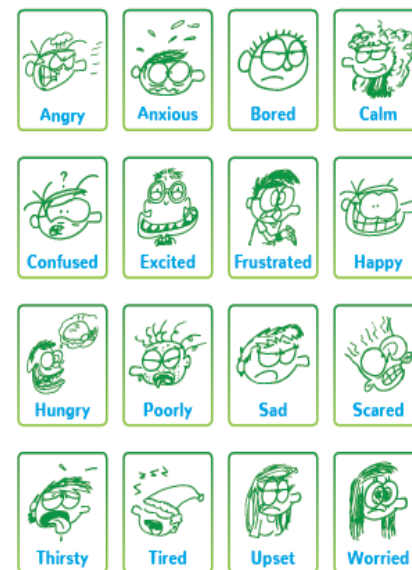
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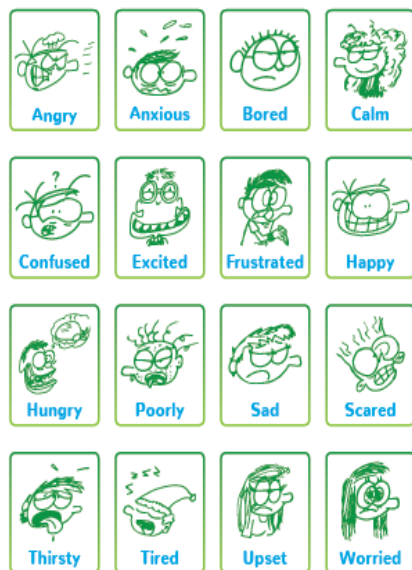
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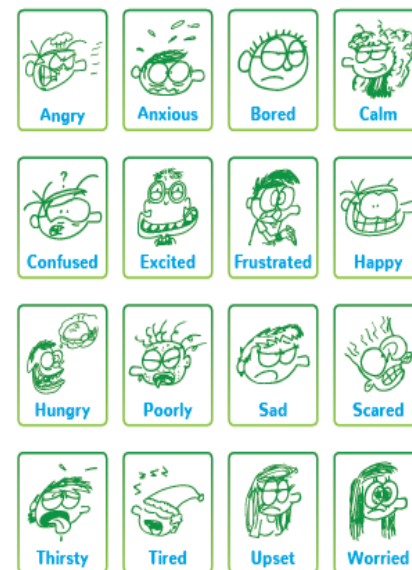
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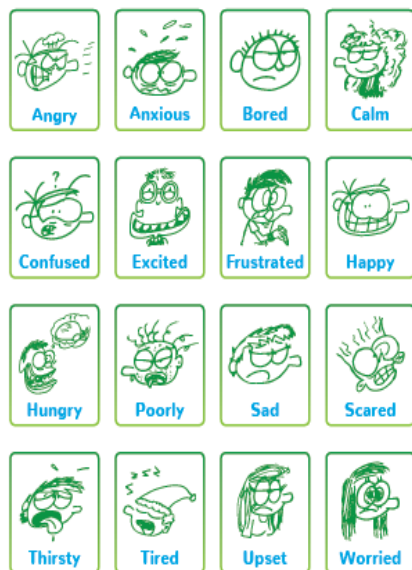
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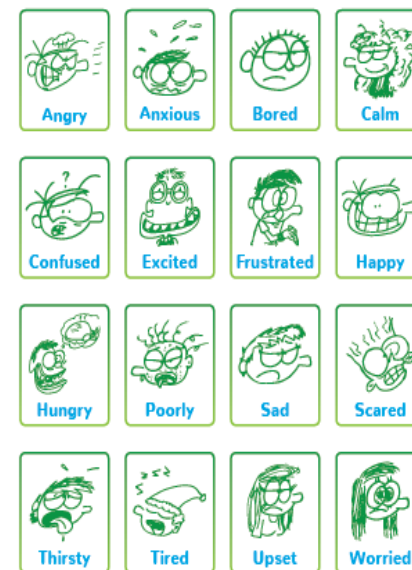
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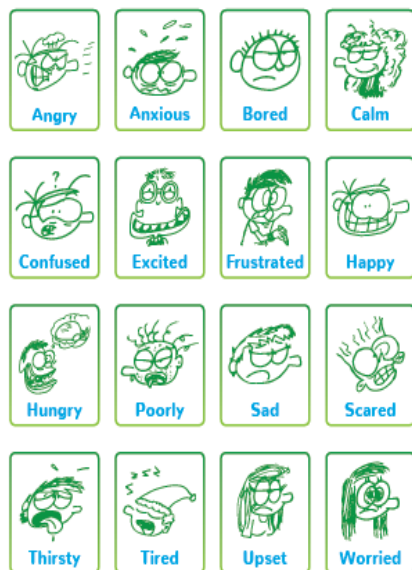
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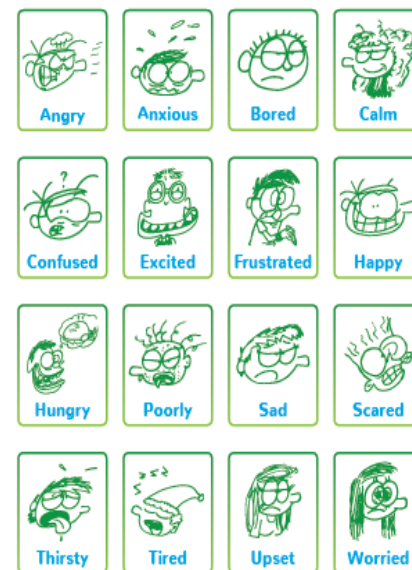
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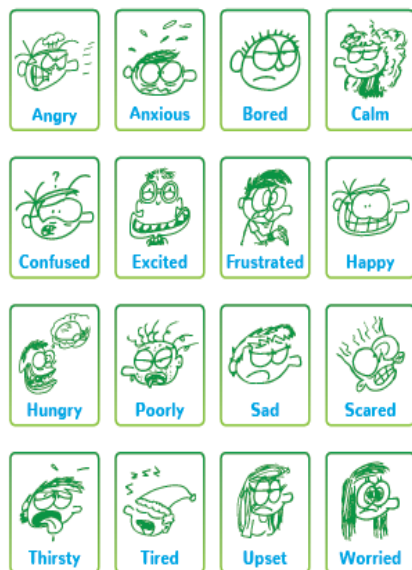
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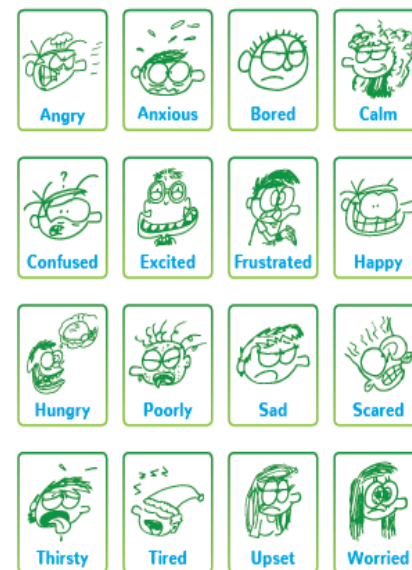
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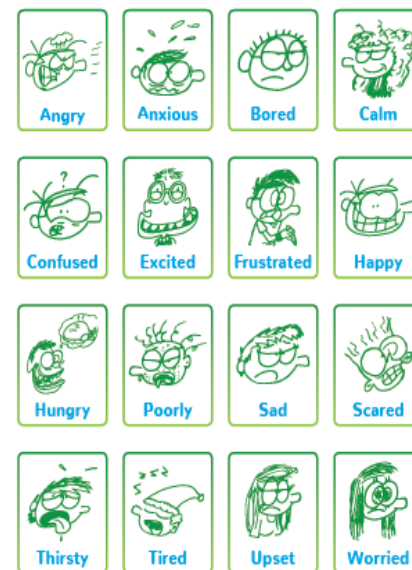
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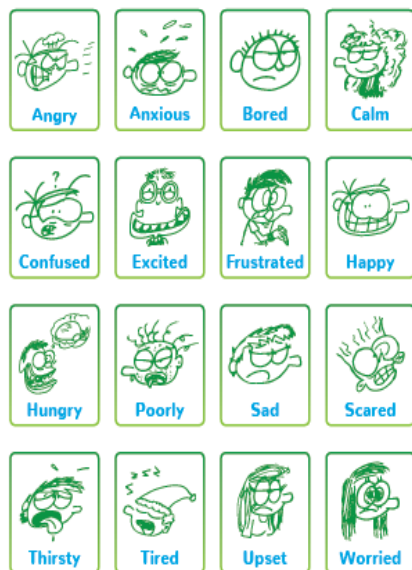
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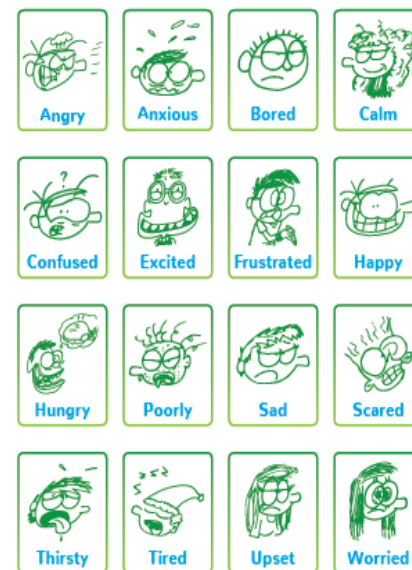
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