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# My Journal

KS4 and 5





**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 someone you can trust.

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 what we are grateful for, share worries or challenges and plan what to do next.

We hope you enjoy using your journal.

**Love from,  
Forest Oak staff.**






People I can talk to and contact information:






Positive strategies I use to help my wellbeing.

\_\_\_\_\_ 's coping scale and plan

	10	<div>What it feels and looks like.</div>
	9	
	8	<div>What I need to do to help myself.</div>
	7	
	6	
	5	
	4	
	3	
	2	
	1	

 **smile**  
with Forest Oak School  
an ethos based approach to supporting school community mental health & wellbeing





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



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





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

Draw, write, doodle...

get it out!



I'm feeling...

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I'm grateful for...

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Challenges...

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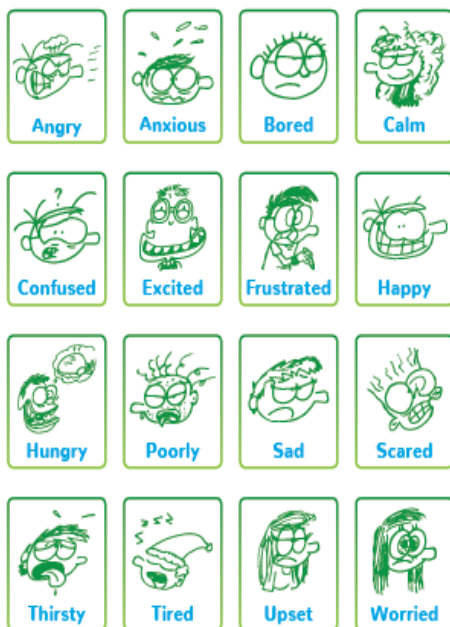
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# Positive



# Vibes

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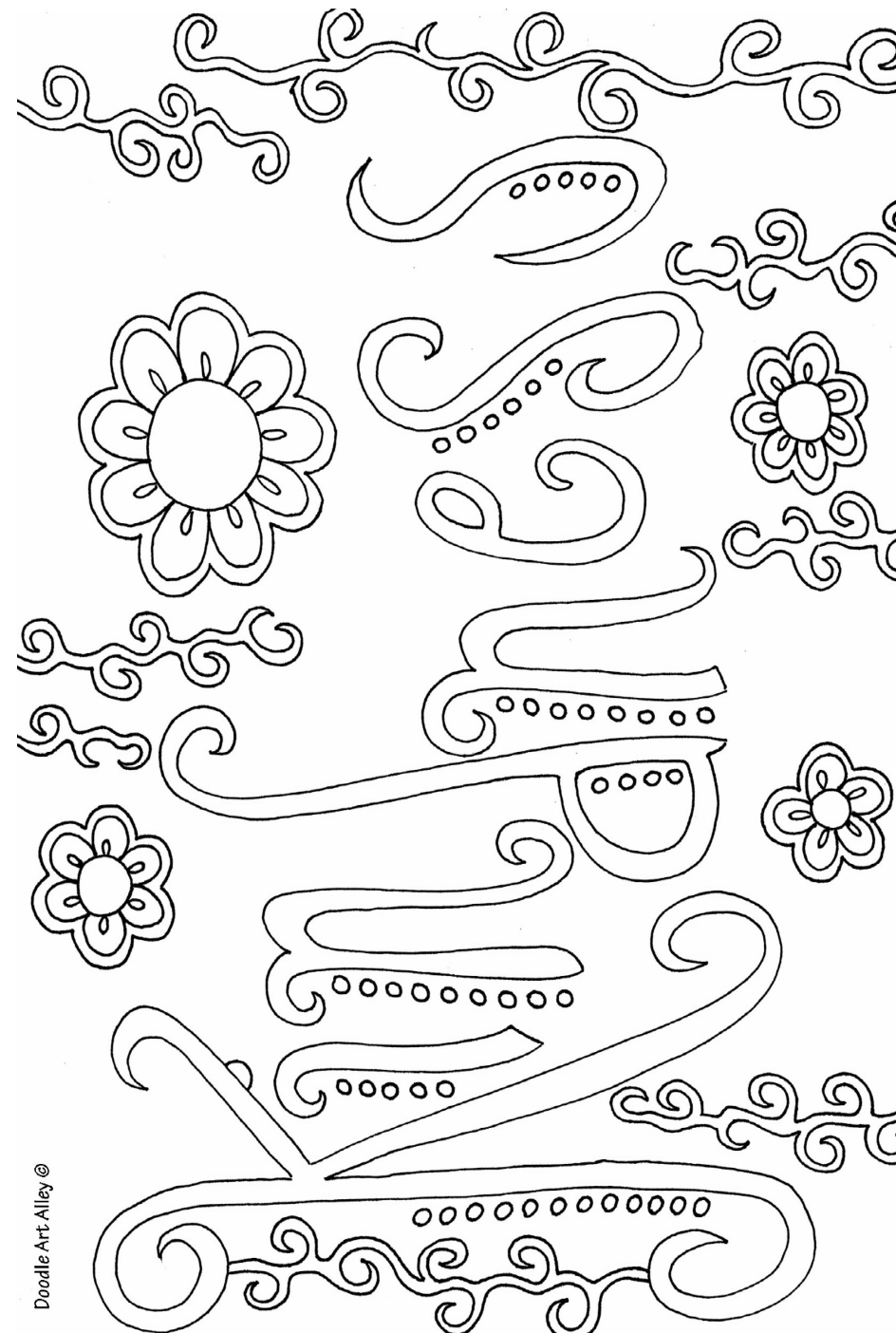
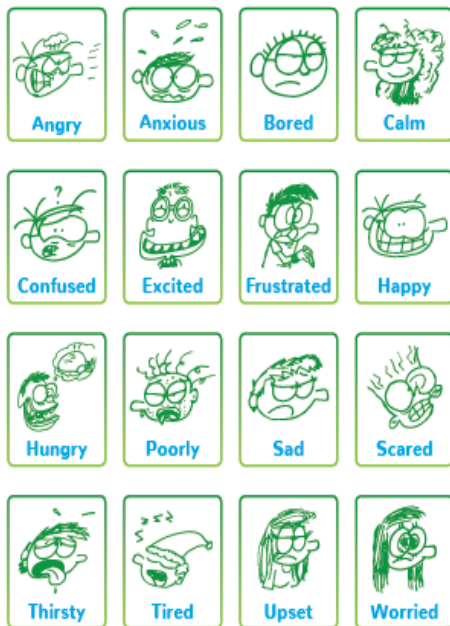
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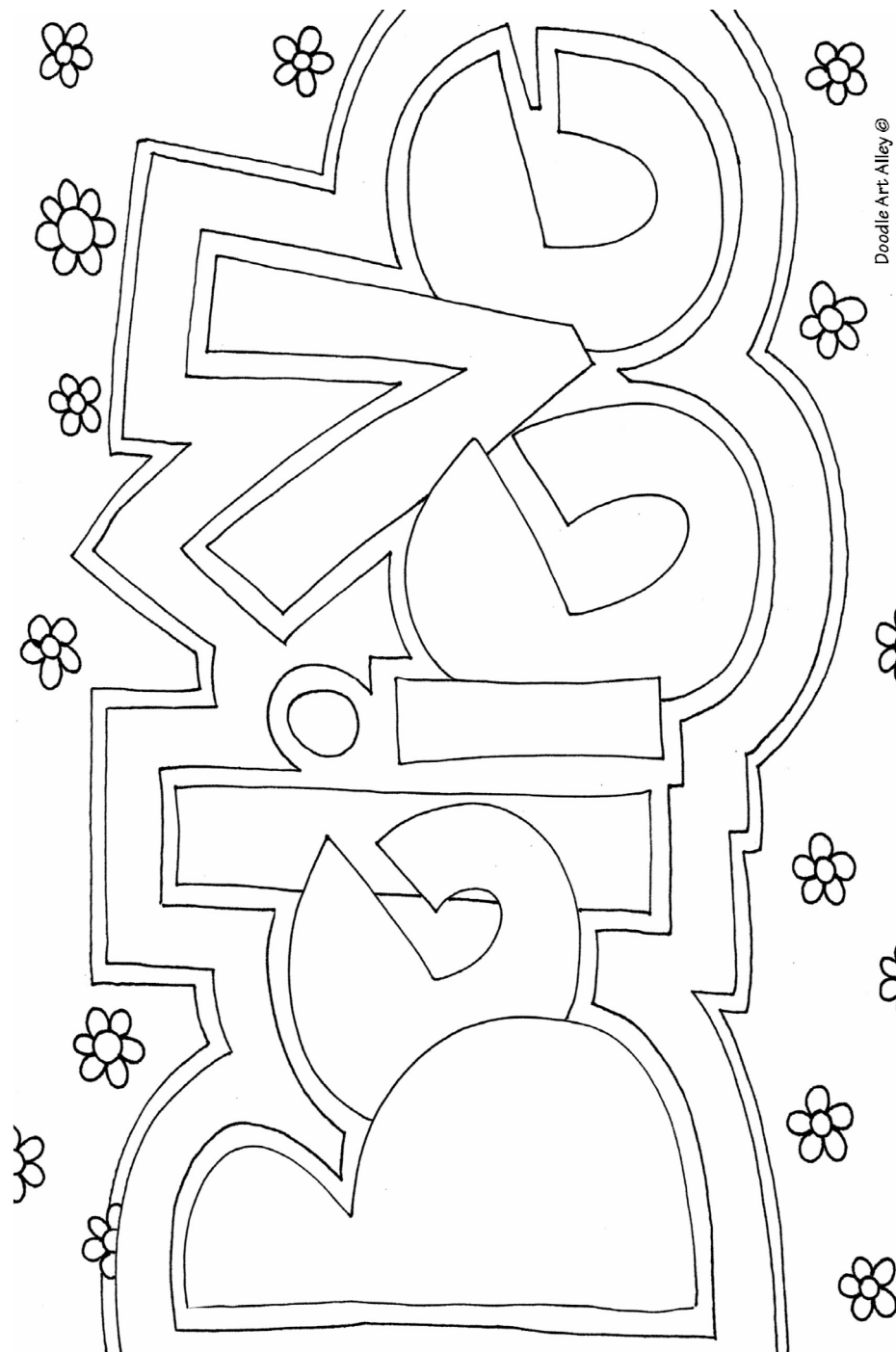
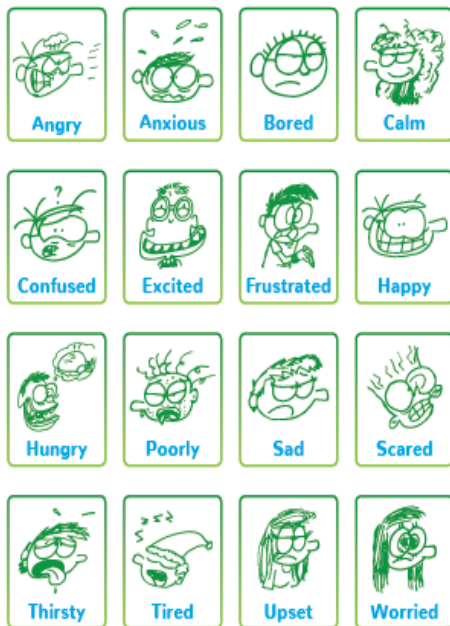
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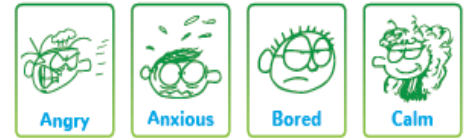
Doodle Art Alley ©



nature-lover loving peaceful  
 authentic brave  
 strong kind  
 gentle trustworthy courageous positive pet-lover  
 understanding wise forgiving respectful  
 responsible helpful  
 energetic giver  
 generous thoughtful authentic  
 soft-hearted compassionate

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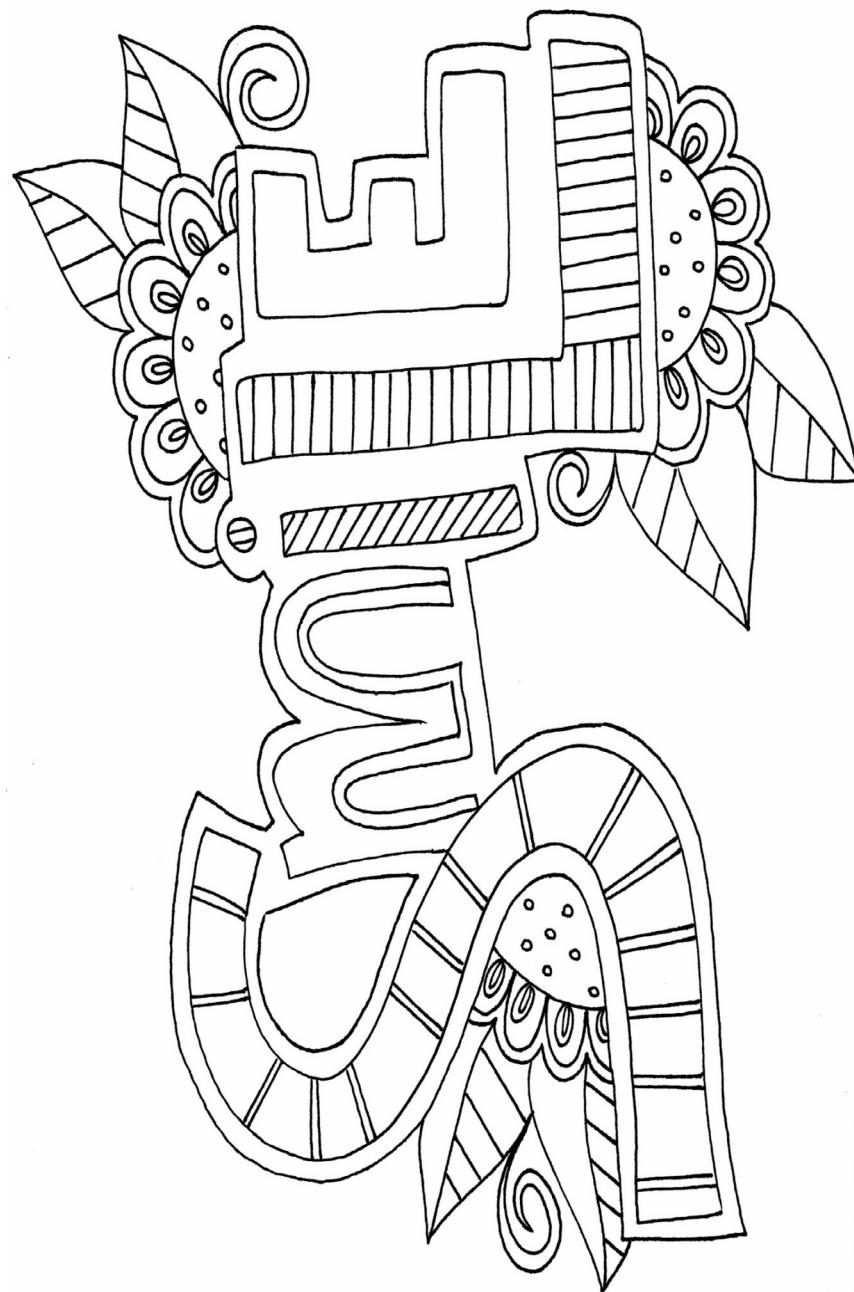
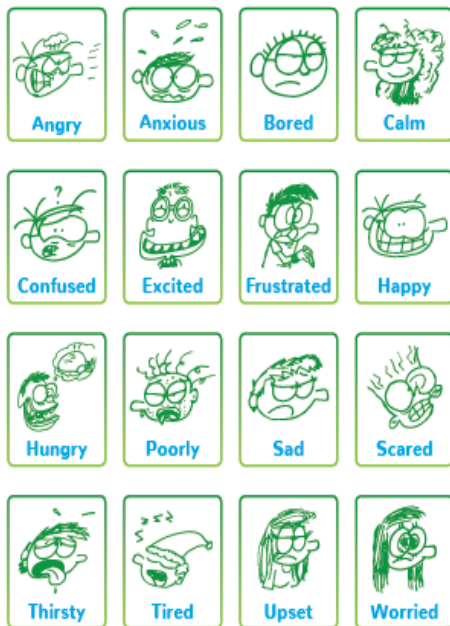
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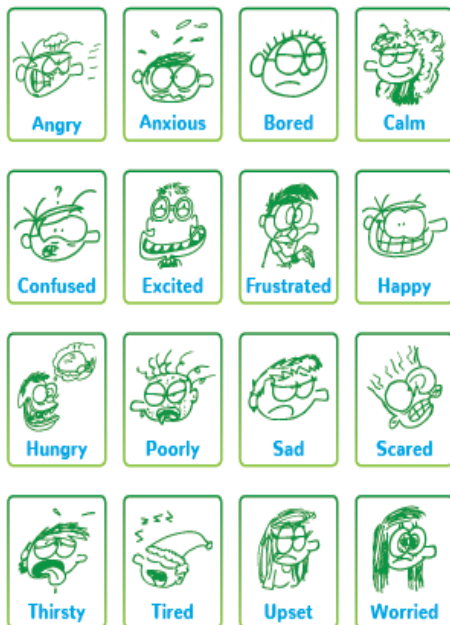
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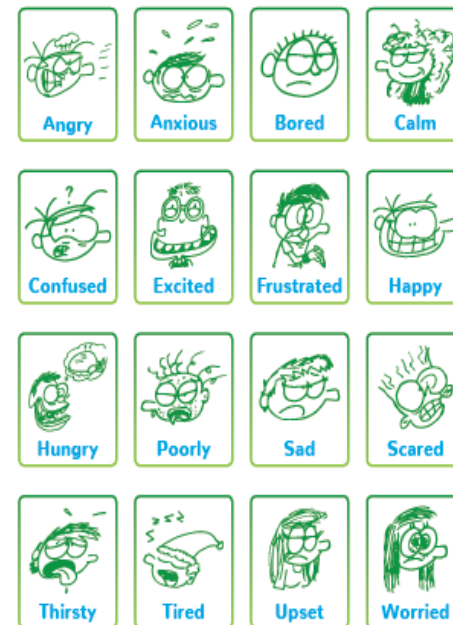
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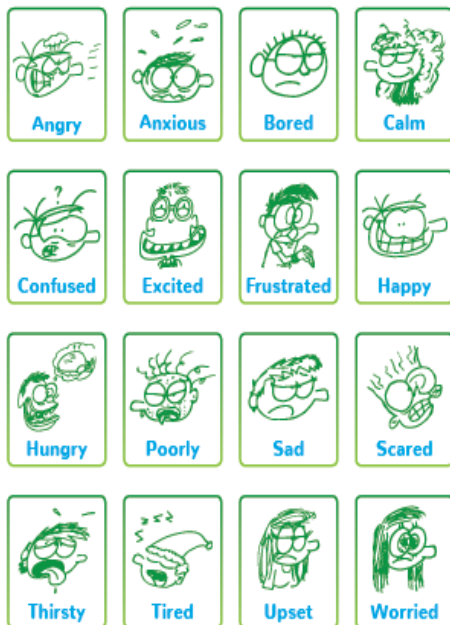
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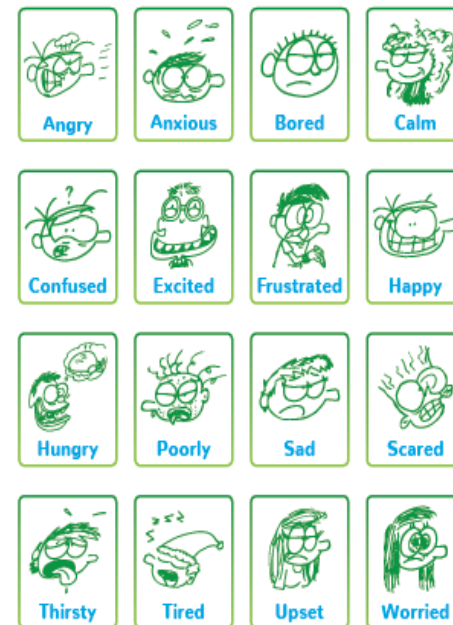
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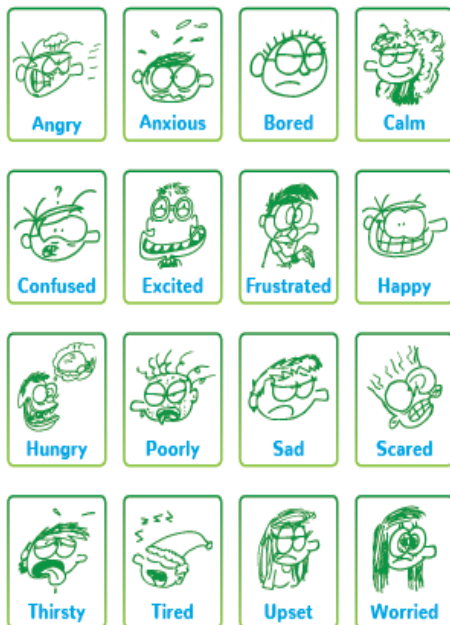
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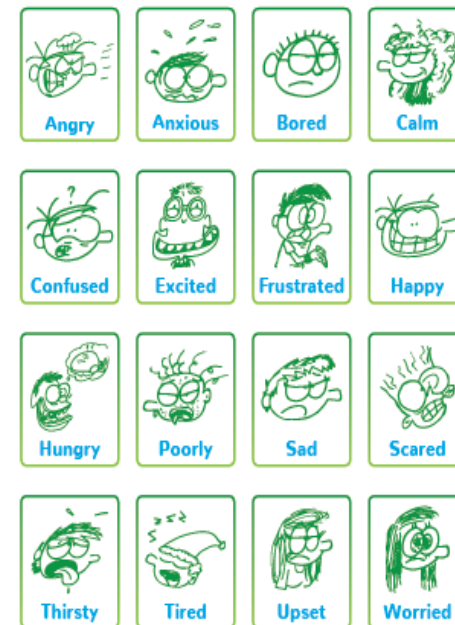
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