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.

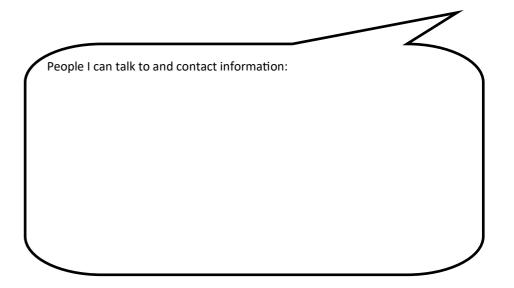
Writing or drawing daily can also help us to think more clearly.

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.

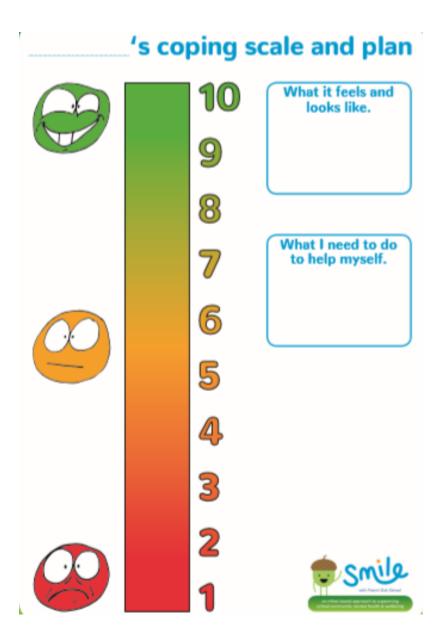
Love from, Forest Oak staff.







Positive strategies I use to help my wellbeing.















TRY TO KEEP YOUR DISTANCE



		Angry	Anxious	Bored	5
		Confused	Excited	Frustrated	A
I'm feeling		Hungry	Poorly	Sad	3/
		\ -	3 < 5	(A)	
		Thirsty	Tired	Upset	V
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I'm grateful for		Thirsty	\$	Upset	<u> </u>
I'm grateful for Challenges		Thirsty Goals	Tired	Upset	v
			Tired	Upset	v



Today's date://_ Draw, write, doodle get it out!	Angry	Anxious	Bored	Calm
get it out!	Confused	Excited	Frustrated	Нарру
I'm feeling	Hungry	Poorly	Sad	Scared
	Thirsty	S S S Tired	Upset	Worried
I'm grateful for				
Challenges	Goals			
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I'm grateful for			
Challenges	Goals		
	smile		







Positive



Vibes

Today's	s date:	/	/
			<i>'</i>

Draw, write, doodle...















Нарру

I'm feeling	













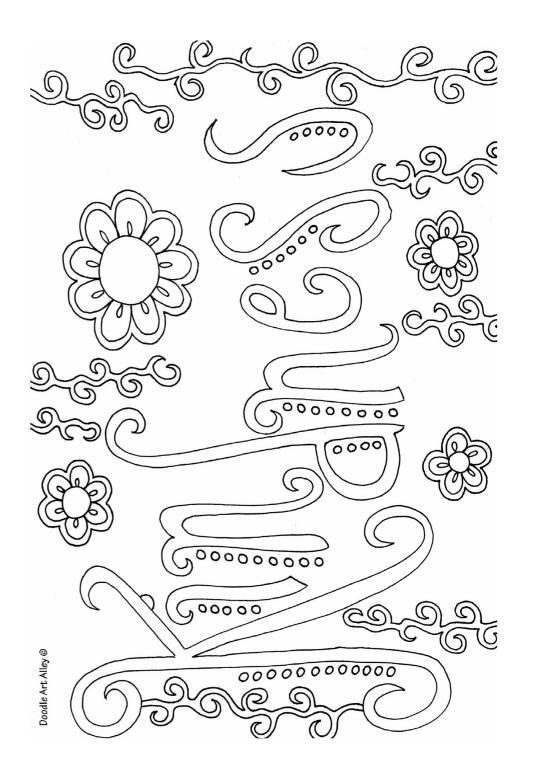
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Challenges		

Goals		



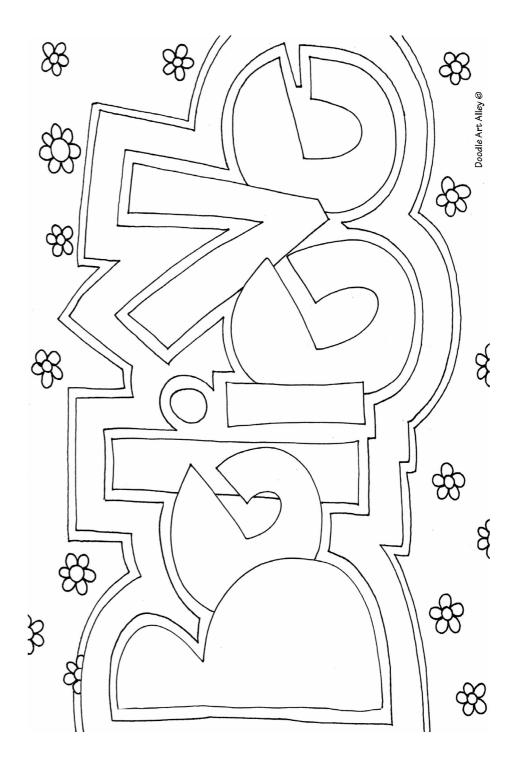
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Challenges	Goals			
Smile				





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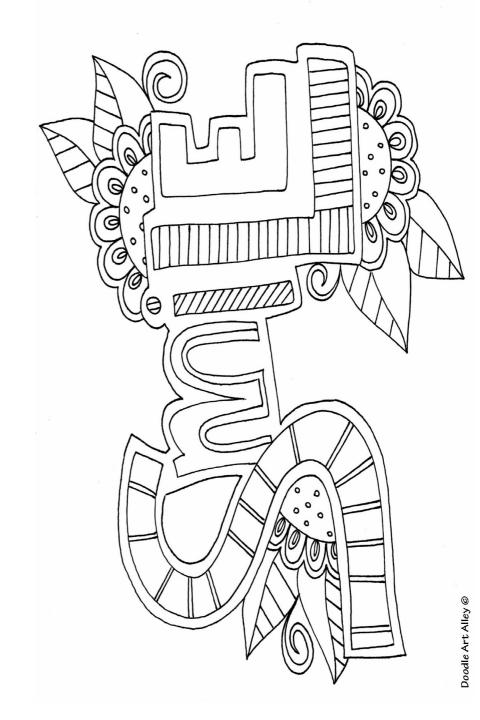


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