

My Calm Corner

AGE: 10-12



**THIS
JOURNAL
BELONGS TO**



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Journal Developed by Dr. Princess Olufemi-Kayode

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- EMpower, our funding partner, for their belief in our mission and their generous support.

Thank you for your contributions, dedication, and commitment to supporting young people's mental health and well-being.

Foreword:

Dear Adolescents,

Welcome to a journal that's about to become your superpower. This isn't just another book—it's a passport to understanding yourself, exploring your inner world, and discovering the incredible person you're becoming.

Life as a teenager can feel like an emotional rollercoaster. One moment you're on top of the world, and the next, everything seems challenging. This journal is your secret weapon—a safe space where you can be completely, unapologetically you. Inside these pages, you'll find more than just blank spaces. You'll discover activities designed to help you navigate the complex landscapes of your emotions, relationships, and personal growth.

Think of this journal as your trusted companion. It won't judge you. It won't interrupt you. It's here to listen, to help you process your thoughts, and to support you through both the spectacular and the tough moments of adolescence. Whether you're dealing with stress, trying to understand your feelings, or simply wanting to explore who you are, these pages are your playground for self-discovery.

We created this journal with one fundamental belief: You are capable of amazing things. Your experiences, your feelings, your challenges—they're all part of your unique journey. This journal is here to help you embrace your strengths, learn from your struggles, and grow into the compassionate, confident person you're meant to be.

So take a deep breath. Turn the page. Your adventure starts now.

You've got this.

With love,

Team DNF

Welcome to your journal!

Hi there!

Welcome to your very own mental health journal. This journal is a special place where you can write down your thoughts, feelings, and experiences. It will help you understand your emotions better and feel more confident about handling different situations.

What is Mental Health?

Mental health is all about how you think, feel, and act. It's like taking care of your brain and your feelings, just like you take care of your body by eating healthy and exercising.

Thoughts, Feelings, and Actions

- **Thoughts** are the things you think in your head. They can be about anything, like school, friends, or what you want to do later.
- **Feelings** are the emotions you have, like happiness, sadness, anger, or excitement.
- **Actions** are the things you do, like playing, talking to friends, or doing your homework.

These three things are all connected. For example, if you think about something happy, you might feel excited and then do something fun. Or, if you think about something that worries you, you might feel scared and not want to do anything.

Understanding Feelings and Emotions

Everyone has feelings, and it's okay to feel different emotions. Here are some common feelings and what they might mean:

- **Happiness:** Feeling good and smiling a lot.
- **Sadness:** Feeling down or like you want to cry.
- **Anger:** Feeling mad or upset.
- **Fear:** Feeling scared or worried.
- **Excitement:** Feeling happy and eager about something.

Sometimes, we can have a mix of feelings, and that's normal too.

Why is This Important?

Understanding your thoughts, feelings, and actions can help you:

- **Know Yourself Better:** You can understand why you feel a certain way and what makes you happy or sad.
- **Handle Difficult Situations:** You can learn ways to deal with tough times and feel better.
- **Talk to Others:** You can share your feelings with friends or family and get their support.

Use This Journal To:

1. **Write Often:** Try to write in your journal regularly. You can write about your day, your thoughts, and your feelings.
2. **Be Honest:** This journal is for you, so be honest with yourself about what you're feeling.
3. **Use the Activities:** There will be fun activities and prompts to help you understand your emotions better. Try them out!
4. **Express Yourself:** Draw, Colour, or write poems if you like. Use this journal in a way that makes you feel comfortable.

Let's get started!

Turn the page to begin your journey of exploring your thoughts and feelings. Remember, this is your safe space, and it's okay to feel however you feel. Let's discover more about you together!

Happy journaling!

Guide on how to use this Journal

Hey there! Here's a fun and easy guide on how you can use your Simple Daily Journal. It's a great way to keep track of your thoughts and feelings each day.

1. Date:

Start each page with the date. This helps you remember when you wrote each entry.

2. Title or Heading:

Give your entry a title or heading. It can be something like "Fun Day at School" or "Feeling Happy".

3. Mood or Emotion Tracker:

Write down how you're feeling. You can use words like happy, sad, excited, or tired. You can also use a number from 1-5, where 1 is very sad and 5 is super happy!

4. Things I'm Grateful For:

Think about things that made you smile or feel good today. Write them down. It could be a friend, a game, or a yummy snack.

5. Goals and Intentions:

Write down what you want to do today or in the future. It could be something like "Finish my homework" or "Be kinder to my friends."

6. Reflections:

Think about what happened today. Write down anything you learned or something interesting that happened.

7. What I Accomplished Today:

Celebrate what you did today! Write down things you're proud of, like finishing a book or helping someone.

8. Space for Creativity:

If you like drawing or doodling, use this space to create something fun. You can also write a poem or make up a story.

9. Need Help Exercises & Activities

This is where you can access support exercises to help you manage your feelings and situations.

10. Get Help

Contacts you reach to get help.

11. Glossary

A special section in your journal where you can find short explanations and meanings of big or important words, like a secret decoder to help you understand new words used.

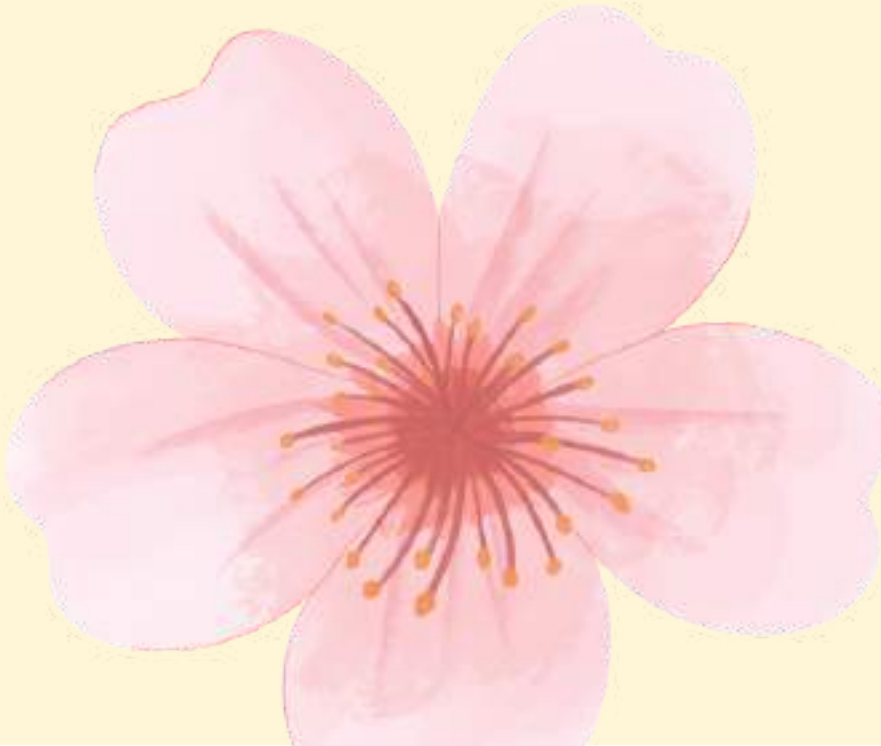
Have fun journaling!

It's your space to express yourself and keep track of your awesome days.

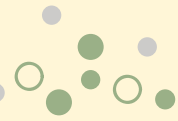
"YOU HAVE WITHIN YOU
RIGHT NOW, EVERYTHING
YOU NEED TO DEAL WITH
WHATEVER THE WORLD
CAN THROW AT YOU."

- BRIAN TRACY

#Month One
Understanding thoughts and emotions



DAILY JOURNAL



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Mood/Emotion Tracker



Very Sad <---> Very Happy



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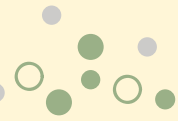
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"I am unique and special, and my individuality makes me strong."

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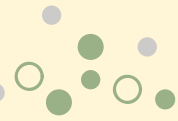
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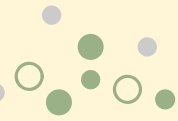
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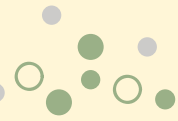
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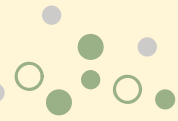
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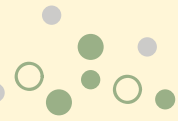
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Understanding Thoughts and Emotions

What Are Emotions?

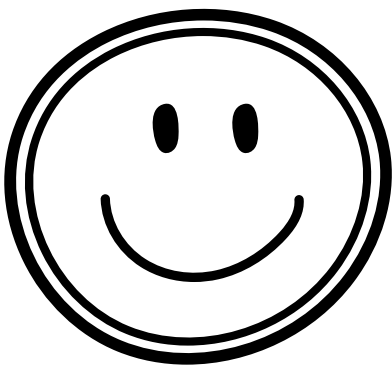
Emotions are like special feelings that help us understand what's happening inside us. Just like how our body tells us when we're hungry or tired, emotions tell us how we're feeling!

Let's meet some common emotions:

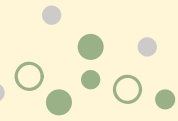
- **Happiness:** Like a big smile when you're having fun with friends or doing something you love!
- **Sadness:** Like a rainy day when you're feeling down or missing someone.
- **Anger:** Like a strong feeling when someone is mean or things don't go your way.
- **Fear:** Like a nervous feeling when you're in a new place or facing something unknown.

Activity

Emotions are like friends who visit us every day! Take a moment to feel what you're feeling right now. Trace the face of the emotion you're feeling and write its name. Then, do something you love to express your emotions! Write a poem, draw a picture, or create a song!



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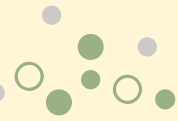
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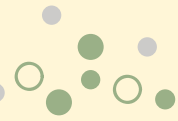
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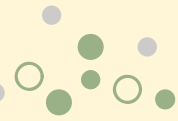
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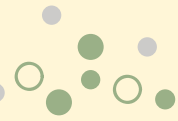
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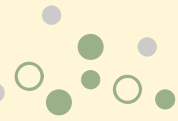
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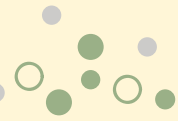
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Understanding Thoughts and Emotions

How Thoughts and Emotions Are Connected

Our thoughts can affect how we feel. Here's how it works:

Positive Thoughts: Happy thoughts, like "I did a great job!" can make you feel proud and happy.

Negative Thoughts: Sad or angry thoughts, like "I can't do anything right," can make you feel upset or mad.

For example, if you have a math test, thinking "I studied hard, I can do this" will likely make you feel more confident and calm. But if you think, "I'm going to fail," you might feel anxious and stressed.

Activity I

Try to pay attention to your thoughts and see how they affect your emotions. Changing negative thoughts to positive ones can help you feel better. Think of a negative thought, write it down, and change it to a positive one

Negative _____

Positive _____

Negative _____

Positive _____

Negative _____

Positive _____

Negative _____

Positive _____

Understanding Thoughts and Emotions

Activity II

Mental Health Puzzle

Instructions:

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

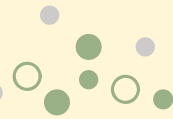


Words to find:

- AFFIRMATION
- ANGRY
- ANXIETY
- BEING
- BELIEF
- BORED
- BOUNDARIES
- BRAVE
- CALM
- CARE
- CHANGE
- COMPROMISE
- CONFLICT
- CONFUSED
- COPING
- COUNSELOR
- DAYDREAMING
- DEPRESSION
- DISAGREEMENT
- EMBARRASSED
- EMOTION
- EMPATHY
- EXCITED
- FEARFUL
- FRIEND
- FRUSTRATED
- HAPPY
- HEALTH
- JEALOUS
- KIND
- LONELY
- LOVE
- MENTAL
- MOOD
- PROUD
- SELF
- SELF
- WELL

Have fun and enjoy exploring your emotions!

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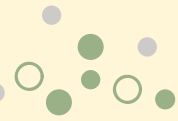
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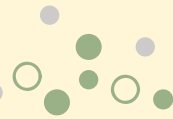
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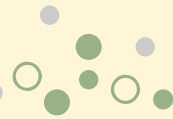
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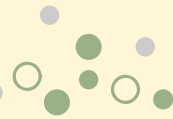
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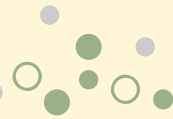
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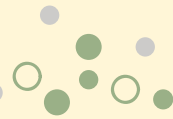
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Understanding Thoughts and Emotions

Identifying Your Thoughts

Let's practise noticing what thoughts come into your mind. Here's how:
Pause and Think: When you feel a strong emotion, stop and think about what just happened.

Ask Yourself: "What am I thinking right now?"

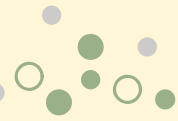
Write It Down: Keep a journal and write down your thoughts and how they make you feel.

For example, if you feel nervous about a new school project, your thought might be, "What if I mess up?" Writing this down helps you understand why you're feeling nervous.

Activity:

Practicing this helps you become more aware of your thoughts and how they affect your emotions. What thoughts are coming to your mind now? Write them down.

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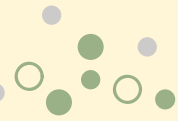
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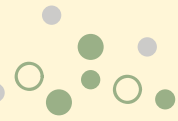
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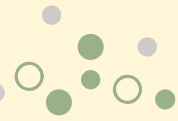
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Very Sad <---> Very Happy



Things that i am grateful for



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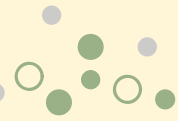
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Celebrate what i accomplished today:

"My thoughts and feelings are valid, and I trust myself to make good choices."

DAILY JOURNAL



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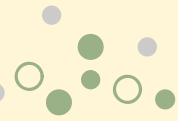
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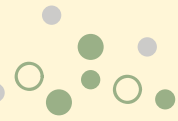
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Understanding Thoughts and Emotions

Managing Your Emotions

It's important to know how to handle strong emotions in a healthy way. Here are some tips:

Take Deep Breaths: When you're feeling upset, take a few slow, deep breaths to help calm down.

Talk to Someone: Share your feelings with a trusted friend, family member, or teacher.

Do Something You Enjoy: Engage in a fun activity like drawing, playing a game, or listening to music to lift your mood.

Write in Your Journal: Write about what happened and how you feel. This can help you process your emotions.

Use Positive Self-Talk: Help yourself with kind words. For example, say to yourself, "I can handle this" or "I am strong."

Activity:

Remember, it's okay to feel all kinds of emotions. Learning to manage them helps you feel better and stay in control. How did you manage it? Was it helpful? If not, what have you learned that will help you next time?

EXPRESS YOUR FEELINGS HERE

"THE MORE THAT YOU READ,
THE MORE THINGS YOU WILL
KNOW. THE MORE THAT YOU
LEARN, THE MORE PLACES
YOU'LL GO."

- DR. SEUSS

#Month Two
Building Self-esteem



DAILY JOURNAL



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"I am grateful for the good things in my life and welcome more positivity."

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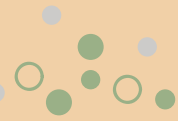
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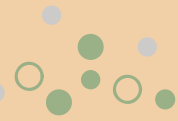
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"I am brave and capable of overcoming obstacles and challenges."

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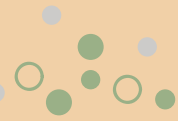
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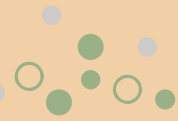
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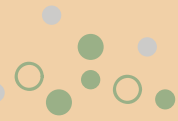
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Building Self-Esteem

Positive Self-Talk

Positive self-talk is when you say kind and encouraging things to yourself. It helps boost your self-esteem and makes you feel better. This is also called affirmations. Here's how to practise positive self-talk:

Be Kind to Yourself: Talk to yourself like you would talk to a friend. For example, instead of saying, "I'm so bad at this," say, "I'm learning, and I'll get better with practise."

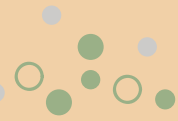
Use Encouraging Words: Remind yourself of your strengths. Say things like, "I am strong," "I can do this," or "I am smart."

Challenge Negative Thoughts: When you think something negative about yourself, try to find a positive way to look at it. For example, if you think, "I made a mistake," you can say, "Everyone makes mistakes. I can learn from this."

Activity:

Practicing positive self-talk can help you feel more confident and happy. Develop positive talk (affirmations) for your weaknesses, and boldly say them out loud to yourself this coming week. Use them to challenge every negative thought.

DAILY JOURNAL



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"My mistakes are opportunities for growth and learning."

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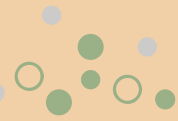
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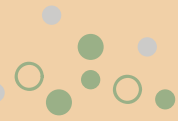
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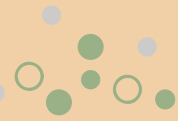
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Building Self-Esteem

Celebrating Your Strengths

Everyone has strengths and things they are good at. Celebrating your strengths helps you feel proud of yourself.

Here's how to find and celebrate your strengths:

Make a List: Write down things you are good at, like drawing, playing a sport, being a good friend, or helping others.

Share with Others: Tell a friend or family member about your strengths. It feels good to share what you're proud of.

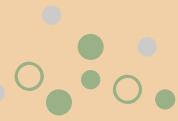
Reward Yourself: When you do something well, give yourself a small reward. It could be extra playtime, a favourite snack, or doing something fun.

Keep a Strengths Journal: Write about your successes and what you're proud of in your journal. This helps you remember your strengths and feel good about yourself.

Activity:

By focusing on your strengths, you can build your self-esteem and feel happier. Write a list of the things you are good at. Enjoy the feelings and thoughts the activity gives you.

DAILY JOURNAL



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Celebrate what i accomplished today:



Space for creativity

(Doodle, Illustration, Drawing, Poetry, etc.)

DAILY JOURNAL



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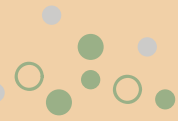
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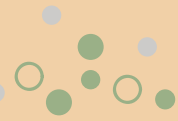
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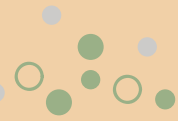
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Celebrate what i accomplished today:

"I choose to give my attention to the present moment and let go of worries about the past or future."

DAILY JOURNAL



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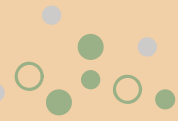
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Building Self-Esteem

Overcoming Negative Thoughts

Sometimes, negative thoughts can make you feel bad about yourself. Learning to overcome these thoughts is important for building self-esteem. Here's how to do it:

Notice Negative Thoughts: Pay attention to when you have negative thoughts, like "I can't do anything right."

Question Your Thoughts: Ask yourself if the thought is really true. Often, negative thoughts are not based on facts.

Replace with Positive Thoughts: Think of a positive thought to replace the negative one. For example, if you think, "I'm not good at this," replace it with, "I can get better with practise."

Talk to Someone: Share your thoughts with a trusted friend or adult. They can help you see things more positively.

Activity:

Overcoming negative thoughts takes practise, but it helps you feel better and build strong self-esteem.

Look back at an activity that bothered you during the week. Ask yourself if the thought you were thinking is really true. Negative thoughts are often not based on facts.

Take a moment to color and relax!!



Express Your Feelings Here

"BE YOURSELF;
EVERYONE ELSE IS
ALREADY TAKEN."

- OSCAR WILDE

#Month Three
Friendships and social skills



DAILY JOURNAL



Today is: _____

Title: _____



Mood/Emotion Tracker



Very Sad <---> Very Happy



Things that i am grateful for



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Reflections: *(What happened today)*



Celebrate what i accomplished today:

"I am kind and compassionate towards myself and others."

DAILY JOURNAL



Today is: _____

Title: _____



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Very Sad <---> Very Happy



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Friendships and Social Skills

What Makes a Good Friend?

Friendships are important for feeling happy and supported. A good friend is someone who:

Listens to You: They pay attention to what you say and care about your feelings.

Is Kind and Supportive: They help you when you need it and cheer you up when you're down.

Is Honest: They tell you the truth in a kind way.

Shares Interests: They enjoy doing things you like to do, whether it's playing games, drawing, or talking.

Respect You: They treat you with respect and don't make you feel bad about yourself.

Activity:

Think about the friends you have and the kind of friends you want to be. Write down the qualities you think are important in a friend.

DAILY JOURNAL



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"My thoughts and actions have the power to create a positive effect on the world."

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I will read for 30 minutes after school today.)*



Reflections: *(What happened today)*



Celebrate what i accomplished today:

"My thoughts and actions have the power to create a positive effect on the world."

DAILY JOURNAL



Today is: _____

Title: _____



Mood/Emotion Tracker



Very Sad <---> Very Happy



Space for creativity

(Doodle, Illustration, Drawing, Poetry, etc.)



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Friendships and Social Skills

Making New Friends

Making new friends can be exciting and a little scary. Here are some tips to help you meet and make new friends:

Be Open and Friendly: Smile and say hello to people you'd like to be friends with.

Join Activities: Participate in clubs, sports, or groups that interest you. This is a great way to meet people who like the same things as you.

Show Interest: Ask questions about the other person and listen to their answers. People like to feel heard and valued.

Be Yourself: Don't try to be someone you're not. True friends will like you for who you are.

Offer Help: Helping others is a great way to make friends. If you see someone who needs help, offer to assist them.

Activity:

Remember, making friends takes time. Be patient and keep trying. Here you can imagine a scenario where someone comes over to ask to be your friend because you are amazing. Enjoy the emotions you feel in your imagination.

DAILY JOURNAL



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Friendships and Social Skills

Communication Skills

Good communication is key to strong friendships. Here are some tips to improve your communication skills:

Active Listening: Pay close attention when someone is talking to you. Nod and show that you're listening.

Express Yourself Clearly: When it's your turn to talk, speak clearly and honestly about how you feel.

Use "I" Statements: Instead of saying, "You never listen to me," say, "I feel sad when I'm not heard." This helps the other person understand your feelings without feeling blamed.

Body Language: Use positive body language, like making eye contact and smiling. This shows you're engaged in the conversation.

Stay Calm: If you're upset, take a deep breath and stay calm. It's easier to communicate when you're not angry or upset.

Activity:

Practicing these skills will help you build better relationships with friends and family.

Practice with a mirror or with a friend.

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Friendships and Social Skills

Handling Peer Pressure

Sometimes, friends might try to get you to do something you're not comfortable with. This is called peer pressure.

Here's how to handle it:

Know Your Values: Understand what's important to you and stick to it. If something doesn't feel right, it's okay to say no.

Be Confident: Stand up for yourself with confidence. Practise saying no in a firm but friendly way.

Offer Alternatives: Suggest a different activity that you're comfortable with. For example, if friends want to do something risky, suggest a safer alternative.

Choose Friends Wisely: Surround yourself with friends who respect your choices and don't pressure you to do things you don't want to do.

Talk to a Trusted Adult: If you're struggling with peer pressure, talk to a parent, teacher, or another trusted adult. They can give you advice and support.

Activity:

Handling peer pressure can be tough but remember that it's okay to say no and stay true to yourself.

Practise saying, "No!"

**Express Your Feelings Here
(by drawing)**

"YOU'RE BRAVER THAN
YOU BELIEVE, AND
STRONGER THAN YOU
SEEM, AND SMARTER
THAN YOU THINK."

- A.A. MILNE, "WINNIE THE POOH"

#Month Four
Managing Stress and Relaxation



DAILY JOURNAL



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Space for creativity

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"I embrace my lifestyle and celebrate what makes me different."

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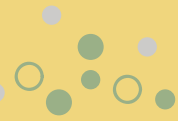
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Managing Stress and Relaxation

What is Stress?

Stress is like feeling too much pressure or worry. It's like having a big weight on your shoulders! You might feel stressed when things get tough, like:

- When you have too much homework
- When you're sick or hurt
- When you're worried about something

Signs of Stress:

How can I know if I'm stressed?

My body may have:

- Headaches
- Feeling tired
- Stomach aches

My feelings may be:

- Sadness
- Worry

What I do when stressed:

- Trouble sleeping
- Eating too much or too little
- Wanting to be alone

Activity:

Think about times when you felt stressed. Write them down!

DAILY JOURNAL



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Managing Stress and Relaxation

Finding Your Stress Triggers

A stress trigger is something that causes you to feel stressed. Identifying your stress triggers can help you manage them better. Here's how to find your stress triggers:

- **Keep a Stress Diary:** Write down when you feel stressed and what happened just before. This can help you spot patterns.
- **Notice Your Reactions:** Pay attention to how your body feels and what thoughts go through your mind when you're stressed.
- **Ask for Help:** Talk to a trusted adult about what's making you feel stressed. They can help you understand your stress triggers.

Activity:

Once you know what causes your stress, you can start to find ways to deal with it. Do not forget to write in your journal following the daily guide.

This past week, what can you notice were stress causes (triggers) for you? Think back and write them out.

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Managing Stress and Relaxation

Healthy Ways to Relax

Relaxation helps reduce stress and makes you feel better. Here are some healthy ways to relax:

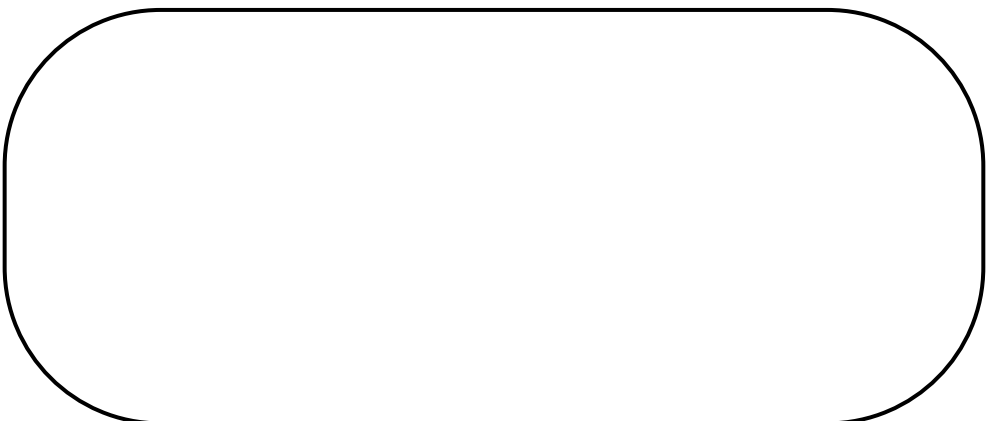
- **Deep Breathing:** Take slow, deep breaths to calm your body and mind. Breathe in through your nose as you count to four. While holding your breath, count to four as well. Count to four again while you breathe out through your mouth.
- **Exercise:** Moving your body can help relieve stress. Try activities like walking, running, dancing, or playing a sport.
- **Creative Activities:** Drawing, colouring, or doing crafts can help you relax and express your feelings.
- **Reading:** Find a quiet spot and read a book you enjoy.
- **Music:** Listen to your favourite music or play an instrument. Music can be very soothing.

Activity - Relaxation Station!

Remember those cool relaxation exercises we learned about in the journal? Like deep breathing, imagination, and muscle relaxation?

Now, it's your turn! Share some of the exercises that have been helping you feel calm and relaxed. Write them down or draw a picture to show what works best for you!

This will help you remember what helps you feel better when you are stressed or anxious. And, who knows, you might even discover some new favourite relaxation techniques.

A large, empty rounded rectangular box with a black border, intended for students to write down or draw their relaxation techniques.

DAILY JOURNAL



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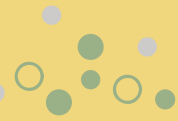
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Managing Stress and Relaxation

Creating a Relaxation Routine

Having a regular routine to help you relax can keep stress from building up. Here's how to create a relaxation routine:

- **Set Aside Time:** Choose a time each day to relax. It could be after school, before bed, or whenever you have free time.
- **Pick Activities You Enjoy:** Choose relaxing activities that make you feel good, like reading, drawing, or listening to music.
- **Stick to Your Routine:** Try to do your relaxation routine every day. Regularity helps make it a habit.
- **Combine Techniques:** Use a mix of relaxation techniques, like deep breathing and drawing, to help you relax.
- **Adjust as Needed:** If your routine isn't working, change it up. Find what makes you feel the best.

Activity:

Having a relaxation routine can help you manage stress and feel more at ease. What will you start doing to help you relax more?

**Express Your Feelings Here
(by Drawing)**

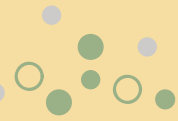
"BELIEVE YOU CAN AND
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- THEODORE ROOSEVELT

#Month Five
Healthy Relationships



DAILY JOURNAL



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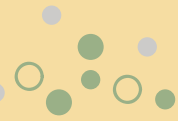
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Celebrate what i accomplished today:

"I am grateful for the opportunities I have to learn and grow."

DAILY JOURNAL



Today is: _____

Title: _____



Mood/Emotion Tracker



Very Sad <---> Very Happy



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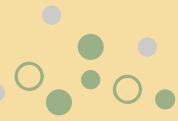
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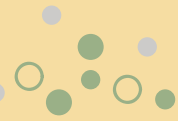
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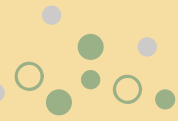
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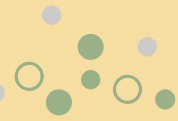
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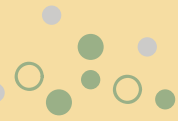
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Healthy Relationships

What Makes a Healthy Relationship?

A healthy relationship is built on respect, trust, and communication. Whether it's with friends, family, or teachers, healthy relationships make you feel good about yourself and the other person. Here are some key points:

Respect: You and the other person listen to each other and appreciate each other's opinions and feelings.

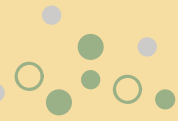
Trust: You can rely on each other and feel safe sharing your thoughts and feelings.

Communication: You talk openly and honestly, and you listen to each other without interrupting.

Activity:

Healthy relationships are important because they help you feel supported and happy. Mention your friends that you share healthy relationship with.

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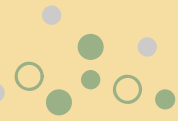
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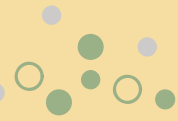
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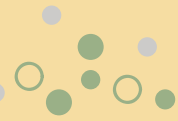
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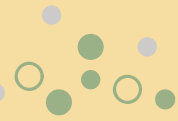
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Healthy Relationships

Understanding Boundaries (Limit)

Boundaries are the limits you set to protect your feelings and space. Knowing your boundaries helps you maintain healthy relationships. Here's how to understand and set boundaries:

Know Your Limits: Think about what makes you feel comfortable and what doesn't. For example, you might not like sharing personal things with everyone.

Communicate Clearly: Let others know your boundaries (For example, if you don't like being teased, tell your friends to stop).

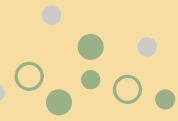
Respect Others' Boundaries: Just as you have your limits, others have theirs. Listen when someone tells you their boundaries and respect them.

Activity:

Setting boundaries helps you feel safe and respected in your relationships. Observe if you are maintaining healthy boundaries in your friendships and other relationships.



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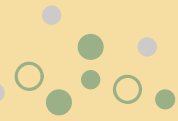
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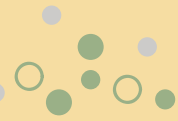
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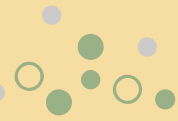
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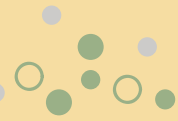
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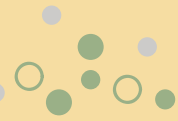
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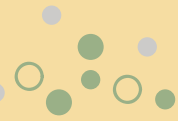
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Healthy Relationships

Handling Disagreements and Arguments

Hey there, kiddo! So, you know how sometimes you don't agree with someone, like a friend or family member? That's called a conflict. It's like having a disagreement or just disagreeing and having an argument.

Imagine you're playing with a friend, and you both want to play with the same toy. You both want different things, and that can cause a problem.

But, here's the thing: conflicts aren't bad! They can actually help us learn and grow. It's like when you're playing a game and you have to figure out a new way to win.

To handle a conflict, we need to:

1. Stay calm (like taking a deep breath): Take deep breaths and try to stay calm. It's easier to solve problems when you're not angry or upset.
2. Listen to the other person (try to understand their side) - Let each person share their side of the story without interrupting. This helps everyone feel heard.
3. Share our own feelings and thoughts (use "I" statements, like "I feel mad when...")
4. Find a Solution Together: Work together to find a solution that works for both of you (like taking turns or finding a new game to play). This might mean compromising or agreeing to disagree.

It's like solving a puzzle together! And it can actually make our relationships stronger.

5. Apologize When Needed: If you've hurt someone, say you're sorry. A sincere apology can help heal hurt feelings.

So, conflicts are like opportunities to practice being a good friend, listener, and problem-solver. Pretty cool, right?"

6. Move On: The disagreements (Conflicts) are a normal part of relationships, but it's important to handle them in a healthy way.

When conflict is resolved, let it go and move on. Holding onto anger can harm your relationship.

DAILY JOURNAL



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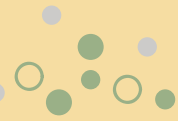
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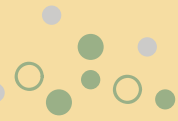
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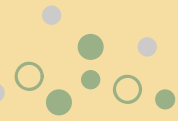
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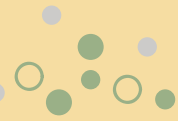
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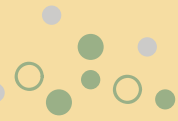
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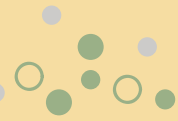
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Healthy Relationships

Being a Good Friend

Being a good friend means being there for others, showing kindness, and supporting them. Here are some tips to be a good friend:

Be Kind: Show kindness through your words and actions. Little things, like saying thank you or giving a compliment, can make a big difference.

Be Supportive: Offer help and support when your friends need it. This could be listening to them, helping with a problem, or cheering them on.

Keep Secrets: If a friend tells you something in confidence, keep it private unless it's something harmful.

Spend Quality Time: Spend time with your friends doing things you both enjoy. This helps strengthen your bond.

Show Appreciation: Let your friends know you appreciate them. A simple "thank you" or "I'm glad we're friends" can mean a lot.

Activity:

Being a good friend helps you build lasting and meaningful relationships. Determine to be a good friend. Say to yourself, "I will make a good friend."

Express Your Feelings Here
(By Drawing)

"IT ALWAYS SEEMS
IMPOSSIBLE UNTIL IT'S
DONE."

- NELSON MANDELA

#Month Six
Gratitude and Positivity



DAILY JOURNAL



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Gratitude and Positivity

What is Gratitude?

Gratitude means being thankful for the good things in your life. When you practise gratitude, you focus on the positive and appreciate what you have. Here's why gratitude is important:

- **Makes You Happier:** When you think about things you're grateful for, you feel happier.
- **Improves Relationships:** Saying "thank you" and appreciating others helps build stronger friendships.
- **Reduces Stress:** Focusing on the good things can help you feel less stressed and more relaxed.

Activity:

This new week, try to notice and appreciate the good things around you, like a sunny day, a fun game, or a kind friend.



DAILY JOURNAL



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"I am proud of my successes and celebrate them, no matter how small they may seem."

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Mood/Emotion Tracker



Very Sad <---> Very Happy



Things that i am grateful for



My Goals and intentions:

*(E.g I will listen carefully in class and ask questions if I'm unsure.
I will read for 30 minutes after school today.)*



Reflections: *(What happened today)*



Celebrate what i accomplished today:

"I am proud of my successes and celebrate them, no matter how small they may seem."

DAILY JOURNAL



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Gratitude and Positivity

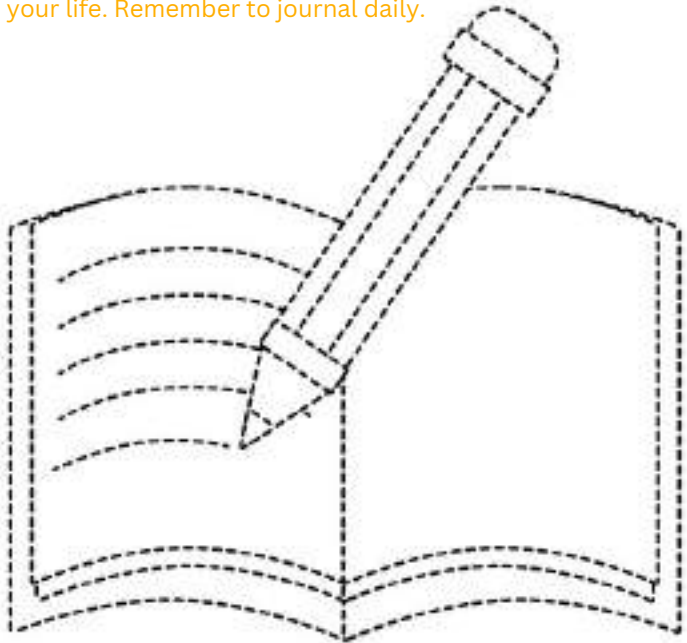
Keeping a Gratitude Journal

A gratitude journal is a place where you can write down things you're thankful for each day. Here's how to start your gratitude journal:

- **Daily Entries:** Every day, write down 3 things you're grateful for. They can be big or small, like a delicious meal, a nice compliment, or a fun activity.
- **Be Specific:** Describe why you're grateful for each thing. For example, instead of just writing "my friend," you could write "my friend helped me with my homework."
- **Reflect on Positive Moments:** Think about the positive moments of your day and how they made you feel.

Activity:

Keeping a gratitude journal helps you focus on the positive and appreciate the good things in your life. Remember to journal daily.



Take a moment to trace and color!!

DAILY JOURNAL



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Gratitude and Positivity

Spreading Positivity

Spreading positivity means doing kind things for others, which can make you and others feel good. Here are some ways to spread positivity:

- **Say Something Nice:** Compliment someone or tell them something you like about them.
- **Help Out:** Offer to help someone with their chores, homework, or a project.
- **Share:** Share your toys, snacks, or books with others.
- **Smile:** A simple smile can brighten someone's day.

Activity:

When you spread positivity, you create a happy and supportive environment for yourself and others. Determine to do this in the new week and as much as possible.



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Space for creativity

(Doodle, Illustration, Drawing, Poetry, etc.)

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Gratitude and Positivity

Positive Affirmations

Positive affirmations are encouraging statements you say to yourself to boost your mood and confidence. Here's how to use positive affirmations:

- **Create Your Own Affirmations:** Think of positive statements that make you feel good, like “I am smart,” “I am kind,” or “I can do this.”
- **Repeat Them Daily:** Say your affirmations out loud to yourself every day, especially when you wake up or before you go to bed.
- **Write Them Down:** Write your affirmations in your journal and read them whenever you need a confidence boost.
- **Believe in Yourself:** Trust that your affirmations are true and remind yourself of them when you face challenges.

Activity:

Using positive affirmations helps you stay motivated and feel good about yourself. Create and write new affirmations.

***Express Your Feelings Here
(by Drawing)***

"START WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN."

- ARTHUR ASHE

#Month Seven
Understanding and Handling Anger



DAILY JOURNAL



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Understanding and Handling Anger

What is Anger?

Anger is a feeling we all have sometimes. It's a normal emotion when you feel frustrated, disappointed, or treated unfairly. Here's why we feel anger:

Protective Feeling: Anger can be like a warning sign that something isn't right or fair.

Energy Release: It can give you the energy to stand up for yourself or solve problems.

Expressing Emotions: Anger helps you express strong feelings that might be hard to talk about.

Activity:

This week, think about times when you've felt angry and what caused it. Understanding anger can help you manage it better. Write about one of such situation.

DAILY JOURNAL



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"I release the need to control everything and trust that life is developing as it should."

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Understanding and Handling Anger

Calming Down Techniques

When you feel angry, it's helpful to know how to calm down. Here are some techniques to try:

Take Deep Breaths: Breathe in slowly through your nose and out through your mouth.

Count to Ten: Take a pause and count slowly to ten to give yourself time to calm down.

Use Relaxation Exercises: Try relaxation techniques like stretching, imagining a peaceful place, or listening to calming music.

Talk to Someone: Share your feelings with a trusted adult or friend who can help you calm down.

Activity:

Practicing these techniques helps you manage your anger and feel more in control of your emotions. So, practise. No one is watching you but you. Be a better YOU!



Take a moment to color and relax!!

*Express Your Feelings Here
(by Drawing)*

"ACT AS IF WHAT YOU
DO MAKES A
DIFFERENCE. IT DOES."

- WILLIAM JAMES

#Month Eight
Goal Setting and Motivation



DAILY JOURNAL



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Reflections: *(What happened today)*



Celebrate what i accomplished today:

"I choose to see the good in people and situations, and I attract positivity into my life."

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Goal Setting and Motivation

What are Goals?

Goals are things you want to achieve or accomplish. They give you direction and help you focus on what's important to you. Here's why goals are important:

Motivation: Goals give you something to work towards and keep you motivated.

Progress: They help you track your progress and see how far you've come.

Achievement: When you reach a goal, it feels great and boosts your confidence.



Activity:

Think about things you want to do or learn, like learning a new sport, improving grades, or making new friends.

DAILY JOURNAL



Today is: _____

Title: _____



Mood/Emotion Tracker



Very Sad <---> Very Happy



Things that i am grateful for



My Goals and intentions:

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Reflections: *(What happened today)*



Celebrate what i accomplished today:

"I am strong and capable of overcoming any difficulty that comes my way."

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Goal Setting and Motivation

Setting SMART Goals

SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. Here's how to set SMART goals:

Specific: Be clear about what you want to accomplish. For example, "I want to read one book each month."

Measurable: Set goals you can track, like "I will practise football for 30 minutes or study before dinner every day."

Achievable: Make sure your goals are possible to accomplish with effort and time.

Relevant: Choose goals that matter to you and help you grow or learn something new.

Time-bound: Set a deadline or timeframe for when you want to achieve your goal.

Activity:

SMART goals help you plan and work towards what you want to achieve step by step. Share one goal that is very important to you and write it out in a SMART way like the example shared.

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Goal Setting and Motivation

Staying Motivated

Staying motivated means keeping yourself excited and focused on your goals. Here are tips to stay motivated:

Break It Down: Divide big goals into smaller tasks to make them easier to achieve.

Reward Yourself: When you do something good or when you complete a difficult task, give yourself a small gift or do something that makes you happy! Celebrate small and big wins!

Stay Positive: Believe in yourself and remind yourself why your goal is important to you.

Visualize Success: Imagine how good it will feel when you reach your goal to keep yourself motivated.

Activity:

Staying motivated helps you keep going even when things get tough. Take time to imagine succeeding. Also, you can practise with the mirror to motivate yourself by talking positively to yourself.



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Goal Setting and Motivation

Celebrating Achievements

Celebrating your achievements means recognizing and feeling proud of what you've accomplished.

Here's why celebrating is important:

Boost Confidence: Celebrating your successes, big and small, helps you feel more confident in your abilities.

Stay Motivated: It encourages you to keep working towards your next goal.

Reflect and Appreciate: Take time to look back on what you've achieved and appreciate your hard work.

Activity:

Celebrate by sharing your achievements with others, treating yourself to something special, or just taking a moment to feel proud of yourself. You can ask your parents or guardian to do something special if you achieve a goal or just with your friends. Also, you can celebrate by yourself.



Express Your Feelings Here
(by Drawing)

"THE ONLY WAY TO DO
GREAT WORK IS TO
LOVE WHAT YOU DO."

- STEVE JOBS

#Month Nine
Family Relationships



DAILY JOURNAL



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Family Relationships

Understanding Family Dynamics

Family dynamics are how family members interact and relate to each other. Every family is unique, but here are some common roles and relationships:

Parents: They take care of you, make decisions, and provide support.

Siblings: Brothers and sisters play, share, and sometimes argue.

Extended Family: Grandparents, aunts, uncles, and cousins are part of your extended family.

Roles: Each family member may have different responsibilities or roles at home.

Activity:

Understanding family dynamics helps you appreciate your family's strengths and how everyone contributes. Take time to really study your family and extended family.



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Family Relationships

Communicating with Family Members

Communication is important in families to understand each other and solve problems together.

Here's how to communicate effectively:

Listen Carefully: Pay attention when others speak and try to understand their feelings.

Use "I" Statements: Talk about how you feel using "I" statements like "I feel upset when..."

Be Respectful: Treat each family member with kindness and respect.

Ask Questions: If you're unsure, ask questions to clarify what someone is saying.

Activity:

Practicing good communication helps build strong relationships and solve issues peacefully.



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Family Relationships

Settling Conflicts (Disagreements)

I hope you understand conflicts better now.

Conflicts are normal in families, but it's important to resolve them calmly and respectfully.

Here are strategies to handle disagreements:

Take a Break: If things get heated, take a break to calm down before discussing the issue.

Compromise: Find solutions where everyone gives a little to reach a solution.

Apologize: If you make a mistake, apologize and try to make things right.

Seek Help: Talk to a parent or trusted adult if you need help resolving a conflict.



Activity:

Handling conflicts peacefully strengthens family relationships and builds trust. You can practise how to respond to conflicts. Practise makes perfect.

DAILY JOURNAL



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Family Relationships

Quality Time

Spending quality time with your family helps you bond and create happy memories together.

Here are some activities to do with your family:

Play Games: Have fun playing board games, puzzles, or outdoor games together.

Cook Together: Help prepare meals, bake, or make snacks with your family.

Go for Walks: Take walks, visit a park, or explore nature together.

Share Stories: Share stories about your day, memories, or things you enjoy.

Quality time strengthens your connection with family members and shows you care about each other.

Activity:

Your journal is a great place to write about your experiences, feelings, and the fun times you have with your family.



*Express Your Feelings Here
(by Drawing)*

"KEEP YOUR FACE
ALWAYS TOWARD THE
SUNSHINE-AND
SHADOWS WILL FALL
BEHIND YOU."

- WALT WHITMAN

#Month Ten
Dealing With Change



DAILY JOURNAL



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Dealing with Change

Coping with Change

Coping means finding ways to deal with or manage something difficult, like change.

Here are ways to cope with change:

Talk About It: Share your feelings with a parent, friend, or trusted adult.

Stay Positive: Focus on the good things that might come from the change.

Take Care of Yourself: Eat healthy foods, get enough sleep, and do things you enjoy.

Stay Flexible: Be open to new ideas and ways of doing things.

Activity:

Finding healthy ways to cope with change helps you feel more confident and capable. People have their ways of coping. What healthy ways have you used in the past?

Fill in 3 ways in the balloons below.

Also, colour the balloons and the images



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Dealing with Change

Embracing New Experiences

Trying new things can be exciting and positive, even if they come with change.

Here's why embracing new experiences is important:

Learning: You can learn new skills, meet new people, and discover new interests.

Growth: Trying new things helps you grow and become more confident.

Fun: It can be fun to explore and see what you enjoy.

Activity:

Think about something new you'd like to try or learn about this week. When you try new things, you get better at dealing with changes and see them as a way to grow and become more awesome!



*Express Your Feelings Here
(by Drawing)*

"MISTAKES ARE
PROOF THAT YOU
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- ANONYMOUS

#Month Eleven
Understanding and Overcoming Fears



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Understanding and Overcoming Fears

Facing Your Fears

Facing your fears means slowly getting used to them and feeling less afraid over time.

Here's how to start facing and overcoming your fears:

Take Small Steps: Start with something less scary related to your fear.

Stay Calm: Breathe deeply and remind yourself you can handle it.

Practice Often: The more you face your fear, the easier it gets.

Reward Yourself: Celebrate each time you face your fear, even a little bit.



Activity:

Facing your fears helps you build confidence and feel more in control.

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Understanding and Overcoming Fears

Support Systems

When you feel scared or afraid, it's important to have people who can help and support you. Here's who can be part of your support system:

Family: Parents, siblings, or other family members who care about you.

Friends: Close friends who understand you and can listen when you're scared.

Teachers or Counselors: Adults at school who can offer advice and support.

Hotlines or Helplines: Phone numbers you can call for help when you need it.

Activity:

Knowing you have support makes facing fears easier and less scary. It is important to know who you can reach out to for help. Writing down the names of people you know can help you. Think hard.

*Express Your Feelings Here
(by Drawing)*

"KINDNESS IS A
LANGUAGE WHICH THE
DEAF CAN HEAR AND
THE BLIND CAN SEE."

- MARK TWAIN

#Month Twelve
Reflection and Looking Forward



DAILY JOURNAL



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◆ Celebrate what i accomplished today:

◆ Space for creativity

(Doodle, Illustration, Drawing, Poetry, etc.)

"I am capable of achieving anything I set my mind to, and I believe in myself."

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(Doodle, Illustration, Drawing, Poetry, etc.)

"I am capable of achieving anything I set my mind to, and I believe in myself."

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Reflection and Looking Forward

Reflecting on the Year

Reflecting means thinking back on the year and remembering what happened.

Here's how to reflect on your year:

Memories: Think about special moments, fun times, and challenges you faced.

Lessons: Consider what you learned from different experiences.

Feelings: Notice how you felt during different parts of the year.

Activity:

Reflecting helps you understand how much you've grown and what you've learned. Practice reflecting. What memory stands out for you?

What 3 major lessons did you learn?

What were the feelings you felt?

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Reflection and Looking Forward

Highlighting the Good

Highlighting means focusing on the best parts of your year.

Here's how to highlight the good:

Achievements: Celebrate things you did well, like learning something new or helping others.

Fun Times: Remember moments that made you smile or laugh.

Gratitude: Be thankful for people who supported you and the good things that happened.

Activity:

Highlighting the good helps, you feel proud and happy about your year.

Mention 3 things you want to highlight, that you feel proud of.

1. _____

2. _____

3. _____

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Reflection and Looking Forward

Looking Forward with Positivity

Looking forward means thinking about the future with hope and optimism. Here's how to look forward with positivity:

Stay Positive: Focus on good things you want to happen.

Stay Motivated: Think about how you can keep going, even when things get tough.

Plan Ahead: Make plans for things you want to do or try in the new year.

Activity:

Looking forward with positivity helps you start the new year feeling confident and ready.

Colour the imagery below.



NEED HELP EXERCISES & ACTIVITIES

Hey there! We all have moments when we could use a little extra support to improve our well-being. Here are a few basic coping strategies for managing stress and difficult emotions. Check out these fun and straightforward exercises and suggestions to help you handle emotional stress. Whenever you need a pick-me-up, feel free to come back to this section!

1. Deep Breathing Exercise

Why: Deep breathing helps you calm down and feel better.

How:

Sit or lie down comfortably.

Place one hand on your belly and the other on your chest.

Take a deep breath through your nose for 4 seconds. Feel your belly rise.

Hold your breath for 2 seconds.

Slowly breathe out through your mouth for 6 seconds. Feel your belly fall.

Repeat this 5 times.

2. Stress Ball Squeeze

Why: Squeezing a stress ball can help release tension.

How to do it:

Hold a stress ball in your hand.

Squeeze it as hard as you can.

Hold the squeeze for 5 seconds.

Slowly release and relax your hand.

Repeat this 10 times.

3. Drawing Your Feelings:

Why: Drawing helps you express your emotions in a fun way.

How to do this:

Get some paper and crayons or markers.

Think about how you're feeling.

Draw a picture that shows your feelings. It can be anything – shapes, faces, or even a scene.

Take a look at your drawing and see if it makes you feel better.

4. Positive Self-Talk

Why: Positive self-talk boosts your mood and confidence.

How to do this:

When you feel stressed, think about something positive you can say to yourself.

Examples:

"I can do this."

"I am strong."

"Everything will be okay."

Repeat these positive words to yourself whenever you need a boost. You can create and write more. There's no end. This is also called **AFFIRMATIONS**.

5. Exercise and Movement

Why: Moving your body helps reduce stress and makes you feel good.

How:

Choose an activity you enjoy, like dancing, running, or playing a sport, it can also be housework or running an errand.

Spend at least 20 minutes moving your body.

Notice how your body feels afterward – you might feel happier and more relaxed!

6. Gratitude List

Why: Thinking about things you're grateful for can improve your mood.

How to do this:

Grab your journal and a pen.

Write down 3 things you're grateful for today.

They can be big or small – like a yummy snack, a friend, or a sunny day.

Look at your list whenever you need a reminder of good things in your life.

You can use a table format like this or not:

Date	Things i'm grateful for
01/01/2024	My family, my best friend, my favorite book
01/02/2024	On a sunny day, playing outside, my friend Sam
01/03/2024	Chocolate ice cream, my teacher, my new shoes

7. Talking to Someone

Why: Sharing your feelings with someone you trust can help you feel supported.

How to do this:

Think of someone you trust – like a parent, teacher, or friend.

Tell them how you're feeling.

It's okay to ask for help and talk about what's bothering you.



8. Mindfulness Colouring

Why: Colouring helps you relax and focus on the present moment.

How to do this:

Get a Colouring book or print out a Colouring page.

Use your favourite Colours to fill in the picture.

Focus on the Colours and the patterns as you Colour.

Enjoy the calm feeling it brings.



9. Nature Walk

Why: Assisting you to stay grounded and connected to the present moment, promoting relaxation and a sense of well-being

How to do it:

Go on a nature walk and notice the sights, sounds, and smells of the natural environment. Be observant of your surroundings. Take note of sights, sounds, and even the small in the air. Enjoy the calm feeling this brings to you.

Remember: It's okay to feel stressed sometimes. These exercises are here to help you feel better. You are strong, brave, and capable of handling anything that comes your way!



CALMING FUN ACTIVITIES

Creating your own squeeze ball locally

There are several alternatives to a stress ball that can be used to help relieve stress. Here are some ideas:

1. Homemade Stress Ball

Materials:

A balloon

Flour, rice, or sand

A funnel

Instructions:

Use the funnel to fill the balloon with flour, rice, or sand.

Tie the balloon securely.

Squeeze the homemade stress ball whenever you feel stressed.

2. Sponge or Small Pillow

Instructions:

Find a clean sponge or a small pillow. Squeeze it tightly and release it, just like you would with a stress ball.

3. Soft Clay or Playdough

Instructions:

Use soft clay or playdough to knead and mold in your hands. The texture can be very soothing.

4. Tennis Ball or Rubber Ball

Instructions:

If you have a tennis ball or a small rubber ball, you can use it to squeeze and release it, providing a similar effect to a stress ball.

5. Sock Filled with Rice

Materials:

A clean sock

Rice

String or a rubber band

Instructions:

Fill the sock with rice.

Tie the open end of the sock securely with string or a rubber band.

Squeeze the sock when you need to relieve stress.

6. Hand Towel or Washcloth

Instructions:

Roll up a hand towel or washcloth into a tight roll. Squeeze and release the rolled towel to help reduce stress.

These alternatives can be just as effective as a store-bought stress ball in providing relief from stress and anxiety. They use simple, everyday items that are often readily available at home.

RESOURCES – PROFESSIONAL TOOLS

Understanding and Handling Emotions

Here, you'll learn why you might feel certain emotions, stress, or hurt when things happen. You'll also find out how to handle these situations and become really good at understanding and managing your feelings.

Why Do I Feel This Way?

Sometimes things happen that make us feel strong emotions like sadness, anger, or worry. It's normal to feel these things, and it's important to understand why we feel them.


How to Handle Emotions

Here are some tips to help you understand and manage why you feel about certain things and situations.

Understanding and Challenging Negative Core Beliefs

Everyone sees the world in their own special way. Two people can have the same experience but feel differently about it. Core beliefs are the deep ideas in our minds that shape how we see and understand things that happen to us.

Imagine core beliefs like a pair of sunglasses. Everyone's sunglasses are a different colour, which makes us see things in different ways.

Situation	Core Belief	Consequences
<p><i>Example:</i></p> <p>You meet a new classmate and think of asking them to play with you during break time (recess time).</p>		<p>Thought: "We might have fun if we play together." Behaviour: "Asks the new classmate to play."</p> <p>Thought: "Why would they ever go play with me during break time?" Behaviour: "Does not ask the new classmate to play."</p>

Sometimes, people have negative core beliefs that make them feel bad about themselves. To start feeling better, it's important to figure out what these negative beliefs are. Here are some common examples:

"I'm not smart."

"I'm not good-looking."

"I'm boring."

"I'm not important."

"I'm different in a bad way."

"I don't deserve good things."

"I'm a bad person."

"No one likes me."

What's one of your negative core beliefs?

Now, let's find three pieces of evidence that show this negative belief isn't true:

Remember, you are awesome just the way you are, and these exercises can help you see that!

You can come up with different examples later and practice.

(Adapted from Therapist Aid)

GLOSSARY

Anxiety: Feeling really worried or nervous about something.

Affirmation: Positive things you say to yourself to feel better. Affirmations are a powerful tool for rewiring your mind with positive thoughts and beliefs.

(Repeat these affirmations to yourself regularly, especially when feeling stressed or uncertain. Believe in yourself and your potential! Weekly affirmations have been added to this journal. They are aimed at promoting self-empowerment, positivity, resilience, and self-care. They help your mind develop a strong foundation for mental well-being. Repeat and reflect on one affirmation each week to cultivate a growth mindset and become a more confident and compassionate person!)

Belief: Something you think is true or accept as true, like a thought or idea that guides your actions and decisions. Examples:

"I believe I can do this!" *(a positive thought that gives you confidence).*

"I believe my friends like me for who I am." *(a thought that makes you feel accepted).*

"I believe I'll get through this tough time." *(a thought that gives you hope)*

Beliefs can shape how we feel, think, and behave, and can be powerful tools for building resilience and confidence!

Boundaries: Limits you set for yourself to feel safe and respected

Change: Something that is different or new.

Compromise: Finding a middle ground that works for everyone.

Conflict: A disagreement or argument between two or more people who want different things or have different ideas.
Coping Mechanism: Ways to handle stress or hard feelings.

Counselor: A person who helps you talk about and solve your problems.

Depression: Feeling very sad for a long time and losing interest in things you used to enjoy.

Emotion: A strong feeling, like happiness, sadness, or anger.



Angry: Feeling frustrated, irritated, or upset. You might have a scowl on your face or feel tense.

Bored: Feeling uninterested or lacking excitement.

Calm: Feeling peaceful, relaxed, and at ease. You might have a serene expression and steady breathing.

Confused: Feeling uncertain or puzzled. You might furrow your brow or scratch your head.

Embarrassed: Feeling self-conscious or ashamed. You might blush or avoid eye contact.

Excited: Feeling enthusiastic, eager, or thrilled. You might have a big smile and feel butterflies in your stomach.

Fearful: Feeling scared, anxious, or worried. You might have a worried expression or feel jittery.

Frustrated: Feeling annoyed or exasperated.

Happy: Feeling joyful, content, and upbeat. You might be smiling and have positive energy.

Hopeful: Feeling optimistic or looking forward to something positive.

Jealous: Feeling envious or resentful of someone else's success or possessions.

Lonely: Feeling isolated or disconnected from others. You might feel like you have no one to talk to.

Nervous: Feeling jittery or apprehensive about something.

Proud: Feeling accomplished or satisfied with yourself. You might stand tall and have a confident expression.

Sad: Feeling down, blue, or melancholy. You might have tears in your eyes or feel low in energy.

Surprised: Feeling shocked or taken aback. You might have wide eyes and an open mouth.

(Remember: It's okay to feel a mix of emotions, and it's essential to accept and express your feelings.)

Empathy: Understanding and caring about how someone else feels.

Gratitude: Feeling thankful and appreciative for what you have (like the good things in your life).

Healthy: Taking care of your body, mind, and feelings in a good way, like eating well, exercising, and getting enough sleep.

Illustration: A picture that helps explain or show something.
Imagination:

Journal: A book where you write down your thoughts, feelings, and experiences.

Negative: Unhelpful, sad, or harmful thoughts, feelings, or actions that can bring you down or hurt others.

Meditation: A way to calm your mind by focusing on your breathing or a peaceful thought.

Mental Health: Taking care of your thoughts, feelings, and emotions.

Mood Tracker: A tool to help you track how you're feeling.

Mindfulness: Paying close attention to what you're doing and how you're feeling right now.

Mindset: The way you think about things.

Positive: Good, happy, and helpful thoughts, feelings, or actions that make you feel uplifted and confident.

Reflection: Thinking about your thoughts, feelings, and actions.

Relationship: A connection or bond between two people, like friends, family, or romantic partners, that involves communication, trust, and support.

Relaxation: Feeling calm and peaceful.

Resilience: The ability to bounce back from difficult times, like a rubber band that stretches but then returns to its original shape. It means coping with challenges, learning from them, and coming out stronger on the other side.

Example: "After a tough day, I took a deep breath, talked to a friend, and did something I enjoyed. That's resilience!"

Building resilience helps you handle life's ups and downs with confidence and strength!

Reward: Something nice you give yourself for achieving a goal.

Routine: A regular schedule or habit, like brushing your teeth every morning.

Self-Esteem: Feeling good about yourself and your abilities.

Self-care: Doing things to take care of yourself and feel better.

Skill: Something you learn or practice to get better at, like a hobby, sport, or way to manage your emotions.

Examples:

Learning to ride a bike is a skill.

Practicing deep breathing to calm down is a skill.

Mastering a new video game is a skill.

Developing skills can help build confidence, self-esteem, and a sense of success!

Solutions: Answers or ideas that help solve a problem.

Stress: Feeling worried or tense because of something happening in your life.

Support System: People who help you and make you feel better, like family and friends.

Technique: A method or skill to help you manage your emotions or behaviors.

Therapy: Talking to someone who can help you feel better, like a counselor.

Thoughts: What goes through your mind, like ideas, feelings, and daydreams.

Tracker: A tool to help you keep track of your progress or habits.

Trigger: Something that makes you remember a bad memory and feel upset. Like a reason for something. The cause of something happening.

Well-Being: Feeling healthy and happy.

Vulnerability: Being open about your feelings, even if it's a little scary

FOR HELP YOU CAN CALL:

Dorothy Njemanze Foundation

08147553343 or 07013333307

Child and Youth Protection Foundation

0906918165 or 08131577877

GBV Responders and Services:

Invictusafrica.org/orangepages/

Child's Rights Brigade -

08037426502

Stand to End Rape Initiative (STER)

08095967000 or 08130320270

CECE YARA:

+234 800 800 8001 +234 812 630 4794

SOAR INITIATIVE:

08179080655

