**Wellness Journal**

Objective:

* To become more aware of your thinking and feeling patterns.
* Allow the writing process to help you understand the relationship you have with yourself as well as others.

What to do:

1. Make a title page for your journal.
2. In 2-3 lines summarize what we learned each day and what it *means to you*.
3. Write any questions you still have about the topic.
4. Select one of the prompts below and write about it.
5. Share something if you are feeling up to it.

Some find it hard to articulate feelings in sentences. Start with the main idea or a few words and then write descriptions and connecting words to join them, creating a fuller idea. Other ideas include drawing pictures, creating a mind map, using a variety of fonts and colours.

Journal Prompts:

1. What challenge(s) did you face today? How did it make you feel? How could you handle it next time?
2. List 5 kind words that describe yourself.
3. Describe 2 things you are good at. What do you enjoy about them?
4. Discuss 3 things you can do to show kindness to others.
5. List 3 things you are grateful for.
6. List 5 things that make you smile. Draw a picture.
7. You can’t always scream in public, but you can yell in writing. Make it HUGE.
8. How would your best friend describe you?
9. What or who challenges you to be a better person?
10. What characteristics do you look for in a good friend? Do you have those characteristics?
11. Describe a time when someone did something kind for you.
12. Describe your best day ever. Where would you be? What would you be doing? Are you spending the day with anyone else?
13. List 4 things that you are looking forward to. One tomorrow, one this week, month and year.
14. List 5 random acts of kindness that you could do at home, school or in the community.
15. My favorite way to spend the day is....
16. School is not always easy. Name 5 things you have found to help with your self-care. Challenge yourself to do one thing for self-care.