



# What's in our **MINI WELLBEING Booklet?**

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**Page 6** – POSITIVE POWERS Activity (myself)

**Page 7** – POSITIVE POWERS Booster (myself)

**Page 8** – How are you feeling today?

**Page 9** – Gratitude Jar

**Page 10** – Breathing Exercises

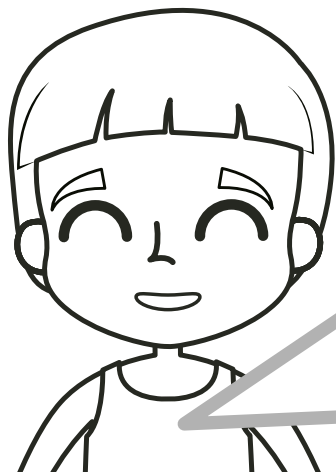
Colour in  
this page!

MY

WELLBEING

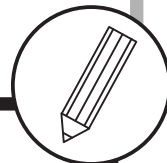
BOOKLET

Name:.....



# Take a Minute!

Sometimes we can get lost in our thoughts or worries. Take a moment to really concentrate and write about what is happening around you. This can help you feel nice and relaxed!



**What can I hear?**

Machines? Birds? Wind? People? Music? Traffic?  
Breathing? The sound of your clothes?

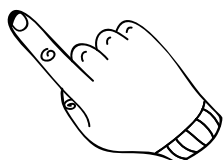
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**What can I smell?**

Your clothes? The room? Food? Flowers?  
Outdoors? Indoors?

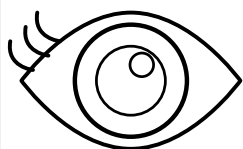
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**What can I feel?**

Are you hot or cold? Are your feet touching the ground? Any pains? What do your hands feel like?

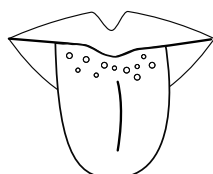
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**What can I see?**

What can you see when you open or close your eyes? Is it sunny? What colours are around you? Where are you?

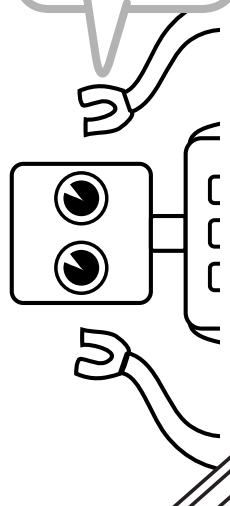
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**What can I taste?**

Any food? Sweet or savoury? Are you thirsty?  
Can you feel your tongue touch your teeth?

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# Something that makes me feel...

Each one of us can feel many emotions – in just one day! We can all feel good or bad. Think about the emotions below and write what makes you feel that way.

Something that makes me feel...



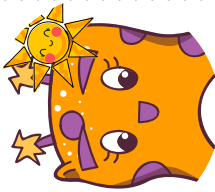
**worried**

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Something that makes me feel...



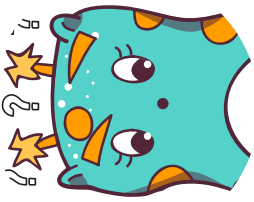
**happy**

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Something that makes me feel...



**curious**

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Something that makes me feel...



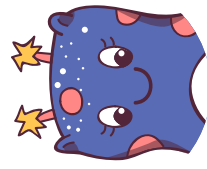
**silly**

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Something that makes me feel...



**grateful**

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Something that makes me feel...



**excited**

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## A picture of me doing my favourite things

**Name**

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**Date**

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**What I enjoyed most this year...**

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**What I am looking forward to next year...**

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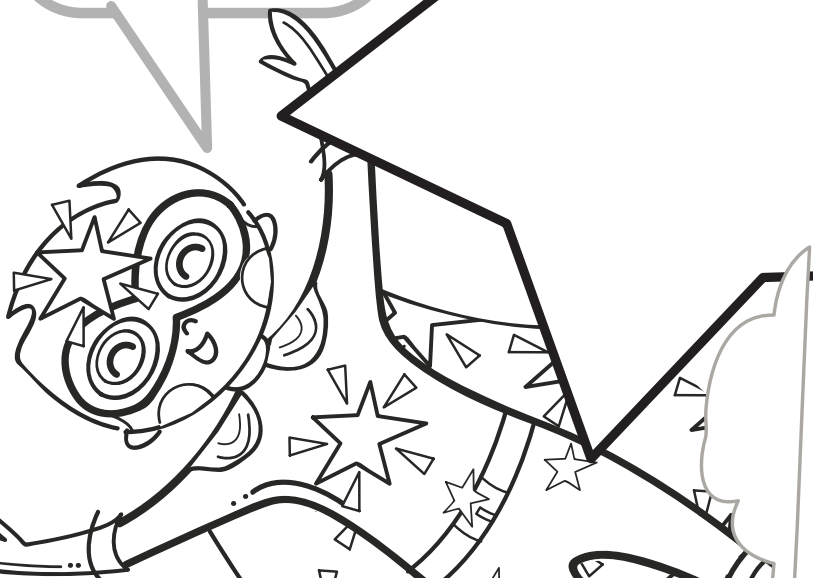
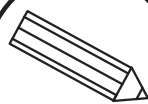
**Best achievements this year...**

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**My goals for next year are...**

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Everyone can feel bad about themselves sometimes  
 but we can all call upon the power of our  
**POSITIVE THOUGHTS** to help us feel better!  
**Fill in each star with something good about yourself**  
 – no matter how big or small!



**Positive  
Power!**



**Whenever you feel sad just look at this sheet to remind yourself of how good you really are!**



# Positive Power!

To increase our positivity power let's remind ourselves of what makes us feel good!

**Fill in each box about yourself to increase your powers!**

**Things that I'm good at...**

**Things I enjoy...**

**People I like...**

**My favourite things...**

**Makes me laugh...**

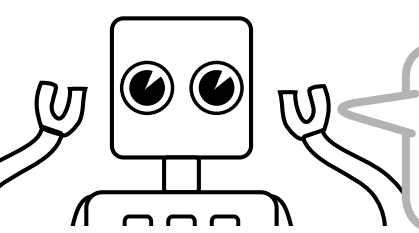
*Me wearing my favourite clothes!*



## Positivity Levels

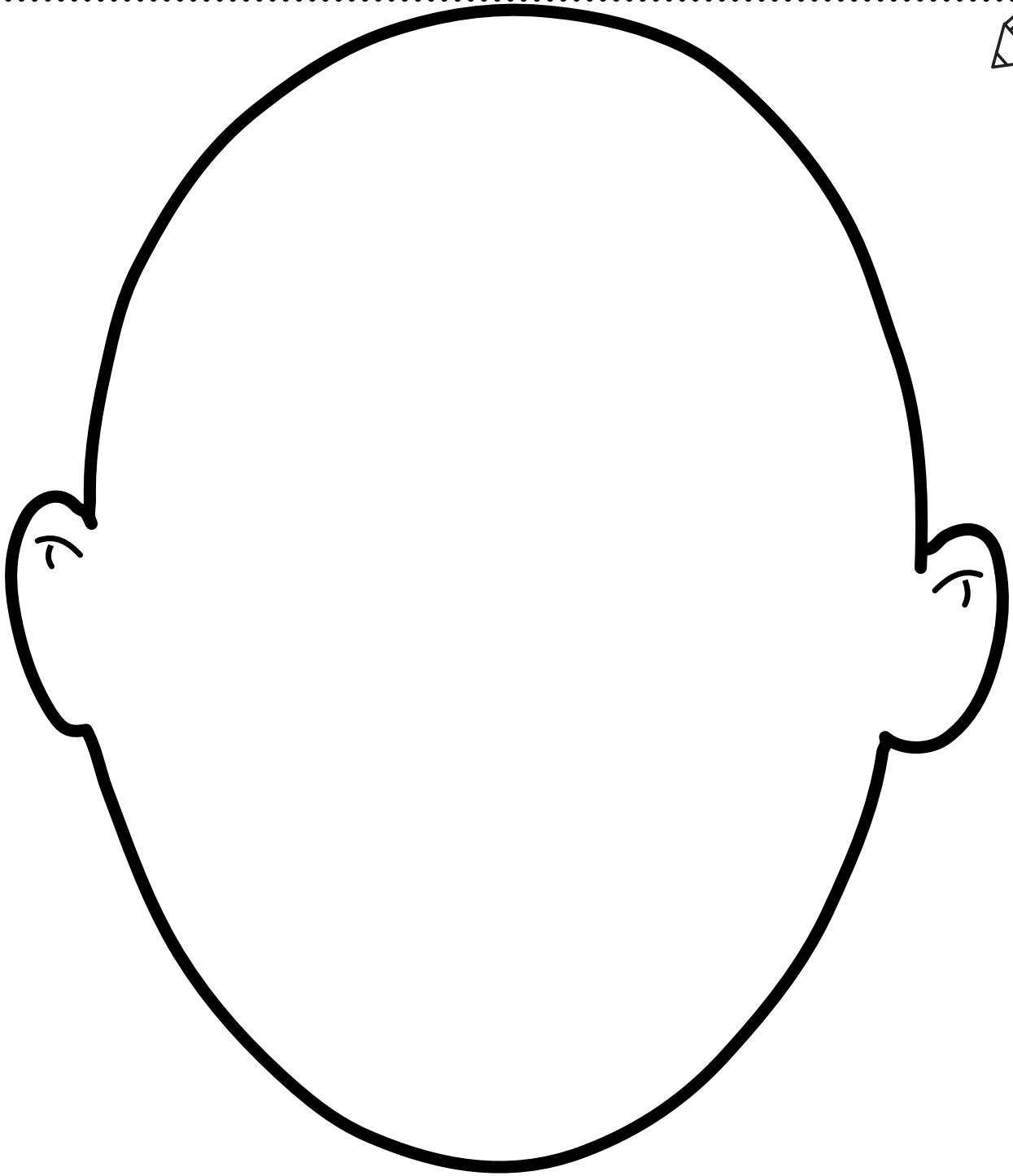
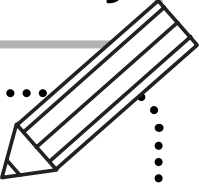
When you've finished the boxes, colour in this bar all the way to the top to show full power levels!





**How are you  
feeling today?**

Draw your face on the template below  
and write why you might feel this way.



**I feel...**

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**Because...**

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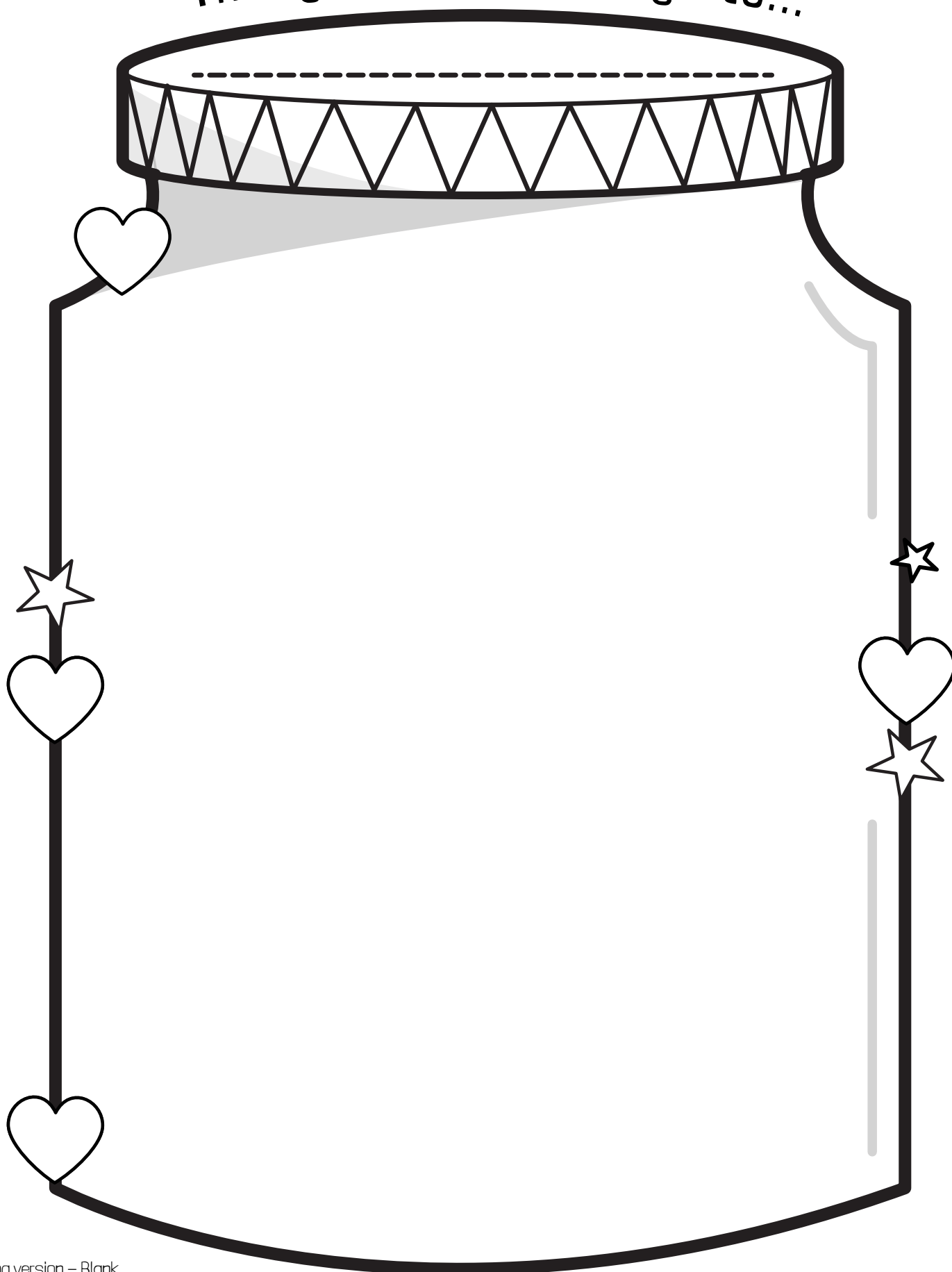
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**Let's think of everything you're thankful for. It can be someone or something very small or ordinary or huge and exciting. Anything that makes you happy and grateful.**

This is what 'Gratitude' feels like and it's important to feel it often, as it makes you appreciate things around you a lot more!

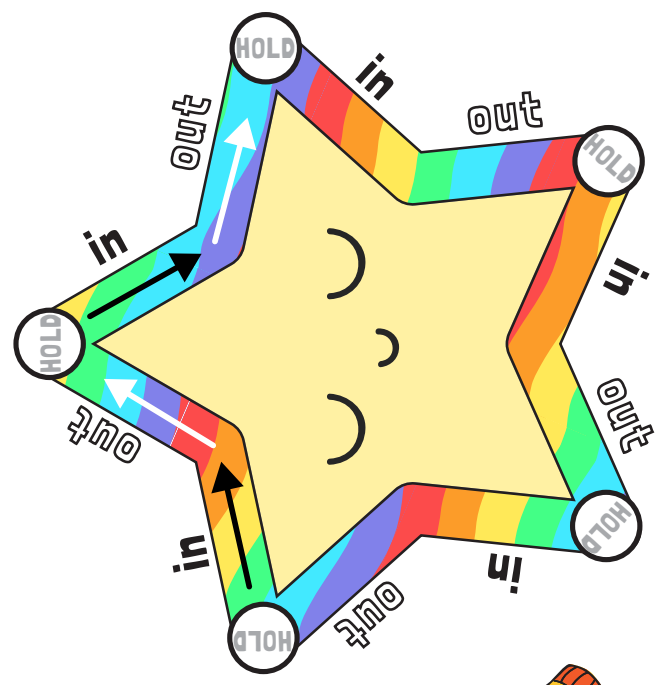
*This gratitude belongs to...*



Move your finger very slowly around the shape.

Following the arrows, breathe in and then out deeply, slowly and calmly.

When you reach a circle hold it there for 5 seconds and continue.

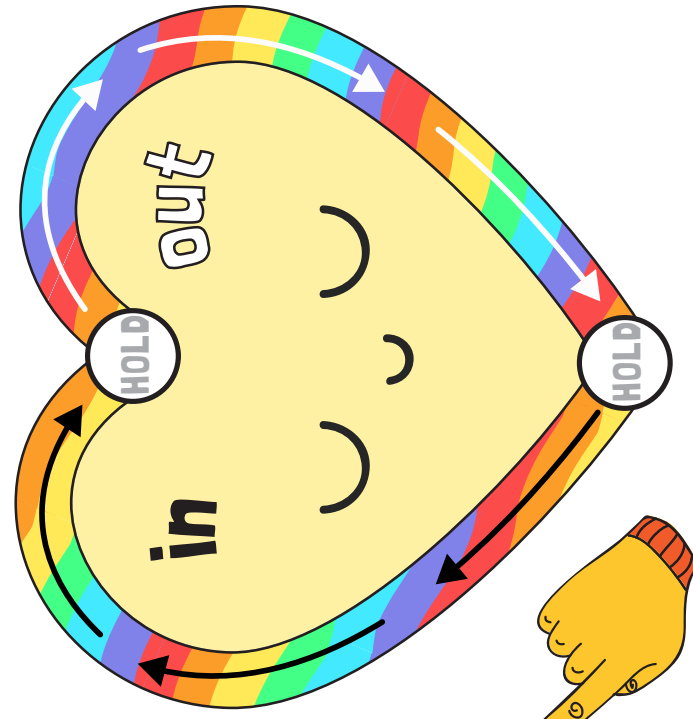


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Move your finger very slowly around the shape.

Following the arrows, breathe in and then out deeply, slowly and calmly.

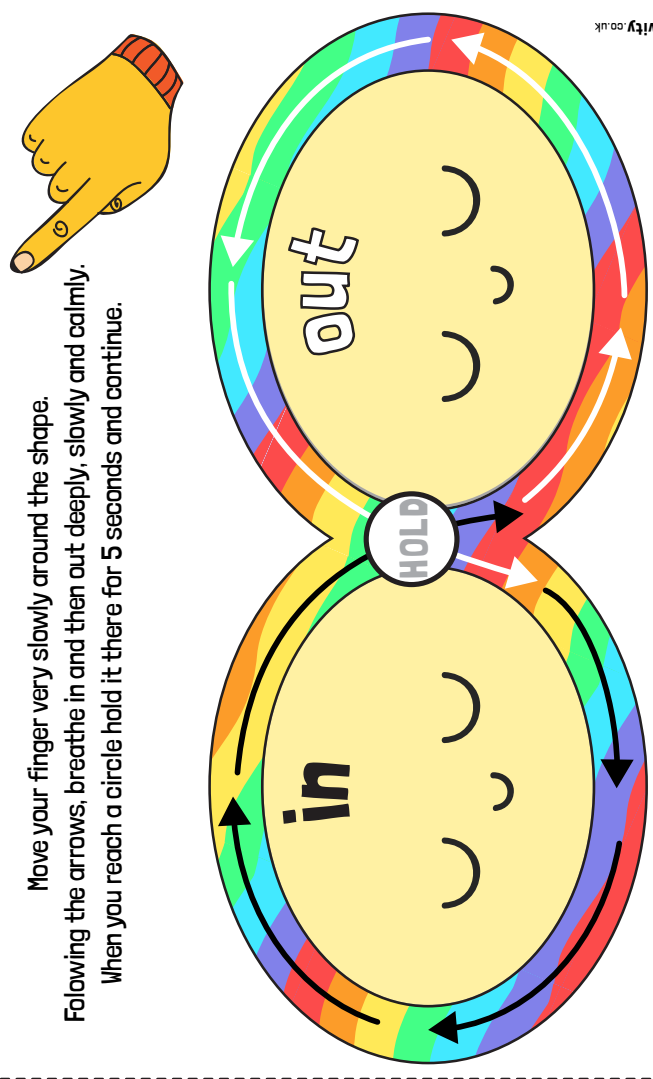
When you reach a circle hold it there for 5 seconds and continue.



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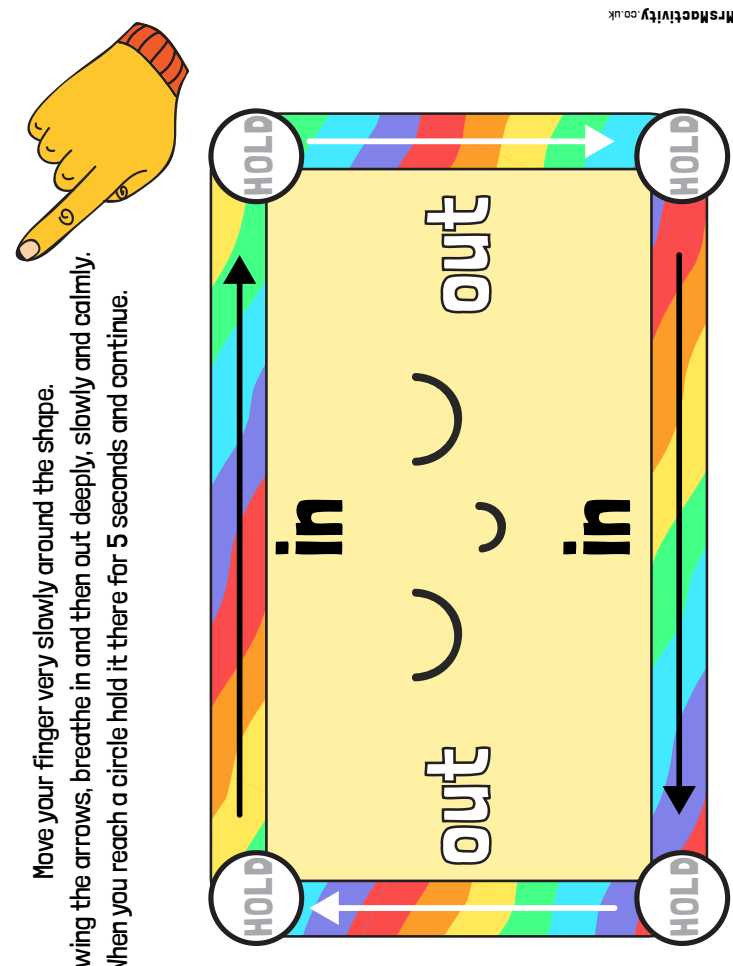
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