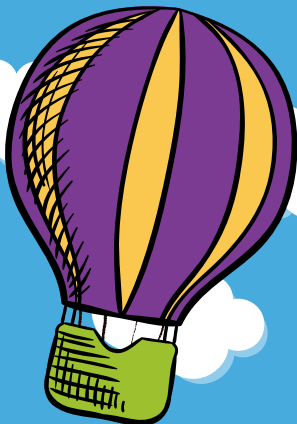




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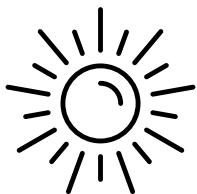
My Wellbeing Activity Book



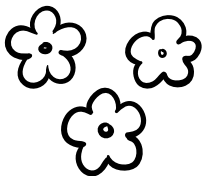
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Department
for Education



Think Happy
Thoughts



This book belongs to...

Draw a
picture of
yourself



My
Name...

All About Me...

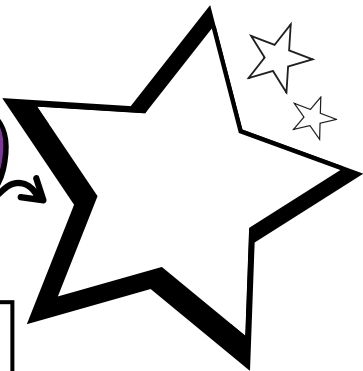


I am
years old

My birthday is



When I am
older I want
to be...



I'm unique
because...

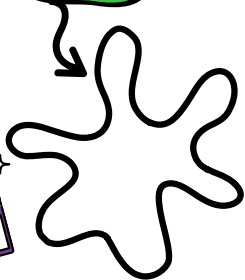
My Family

My favourite things...



Colour

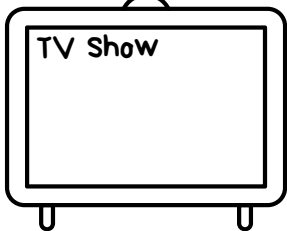
Book



Animal



TV Show

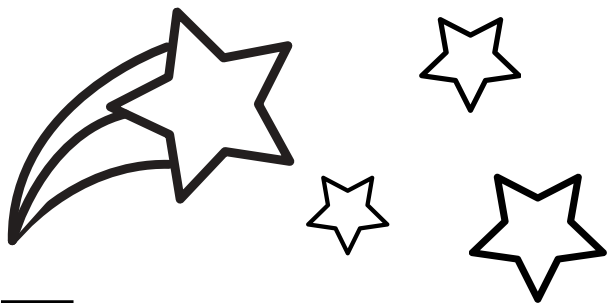


Song



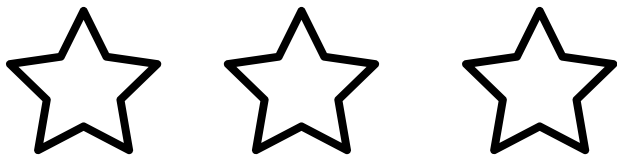
Sport

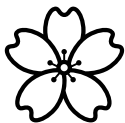
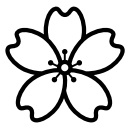
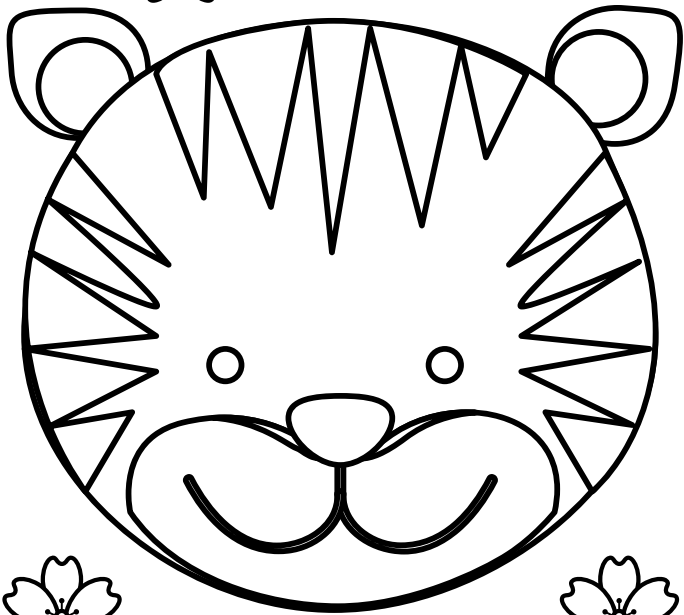
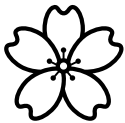




I am

amazing





My feelings...



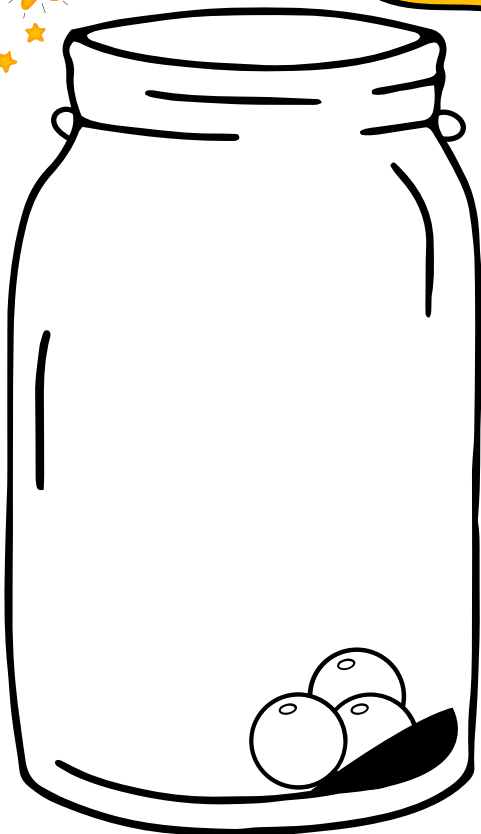
Write down how you're feeling...

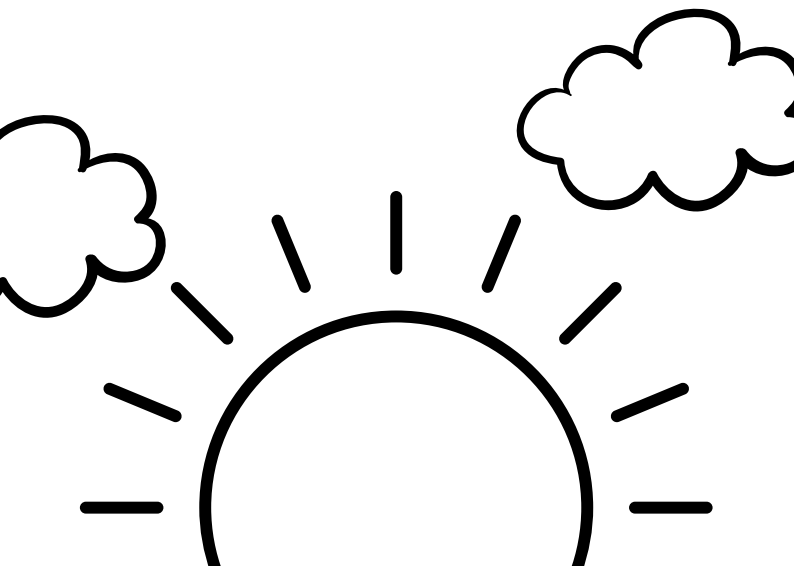


Worry Jar



Don't fill
your head with
worries, fill
the jar instead

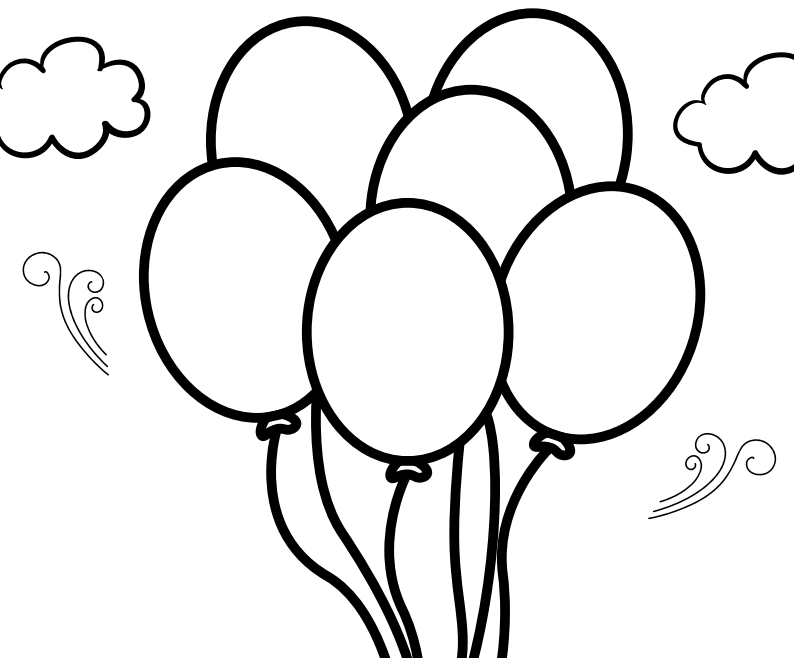




**you are my
sunshine**



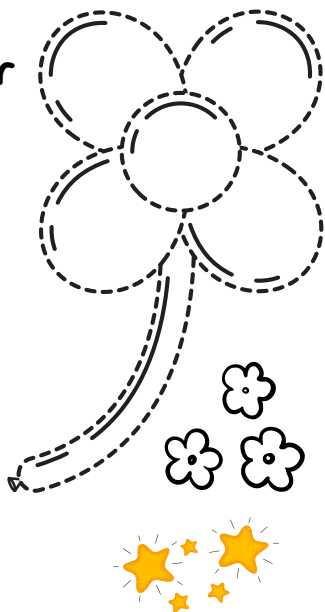
Letting go...



1. In the balloons, write some things that make you feel upset
2. Close your eyes
3. Imagine that you are holding balloons in your hands & you let them go
4. Watch your worries float away, take a deep breath & open your eyes

Breathe In

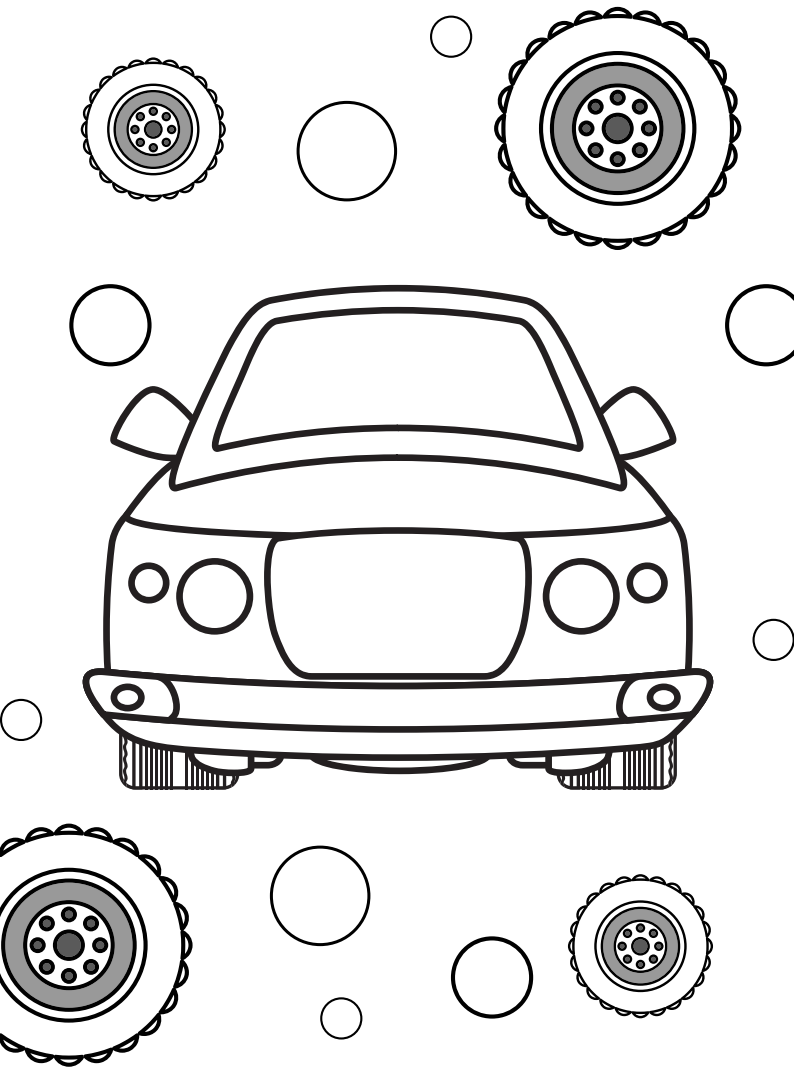
like you are
smelling a flower

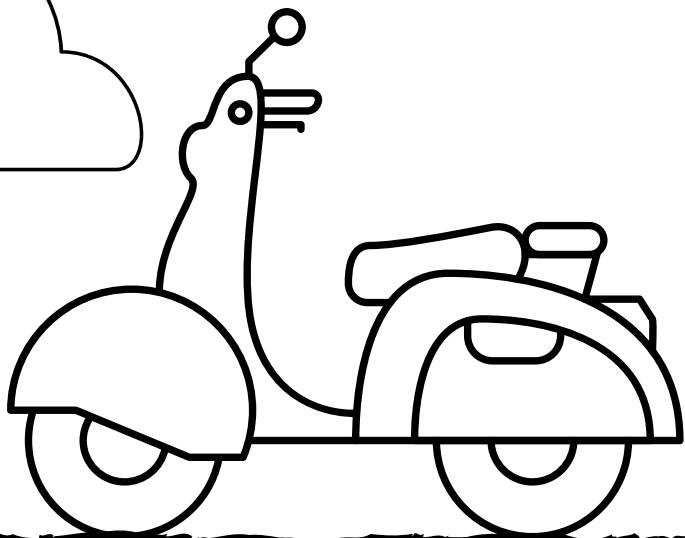
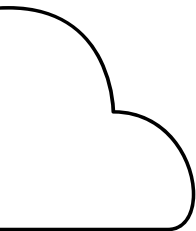
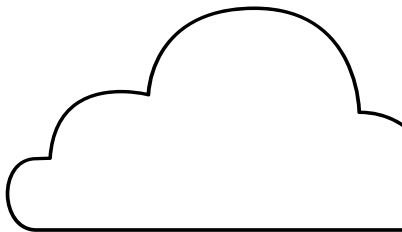
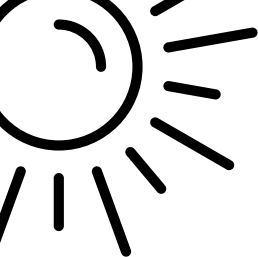


Breathe Out

like you are
blowing a leaf

Do this 20
times to help
you relax





When Barnie feels worried

He likes to take a moment to think about what is happening around him.



What is around you...

Write down or draw what you
can hear, smell, feel & see.

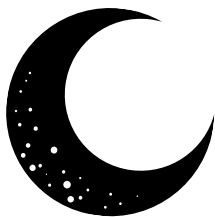
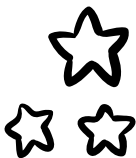




When it rains,



look for **rainbows**



When it is dark

look for **stars**

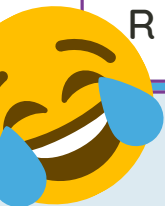


Word Search

Look for the words listed below.



S	M	I	L	E	Y	L	P	X
U	T	N	G	O	T	R	T	Y
U	U	Y	J	R	O	M	S	N
F	L	N	P	U	E	D	E	H
S	E	O	D	P	B	A	B	G
U	E	V	O	L	A	L	T	U
P	P	E	M	C	Q	H	Q	A
E	J	I	H	O	F	C	P	L
R	E	T	T	E	B	I	H	Y



BEST
BETTER
COOL

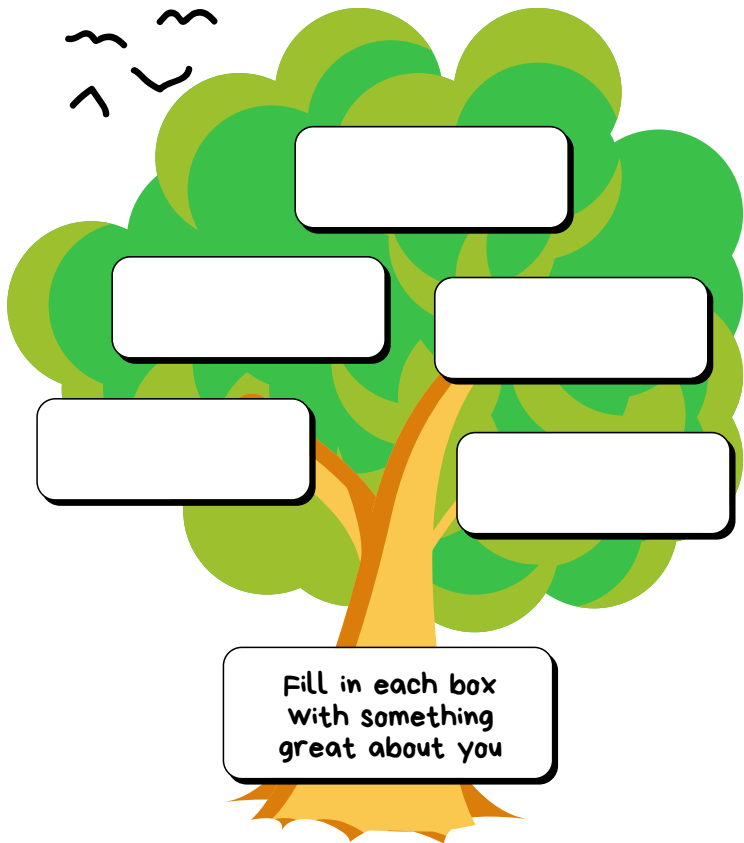
ENJOY
FUN
GREAT

HAPPY
LAUGH
LOVE

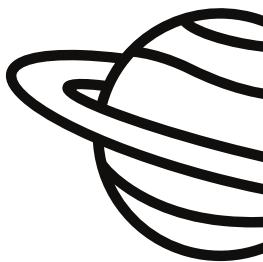
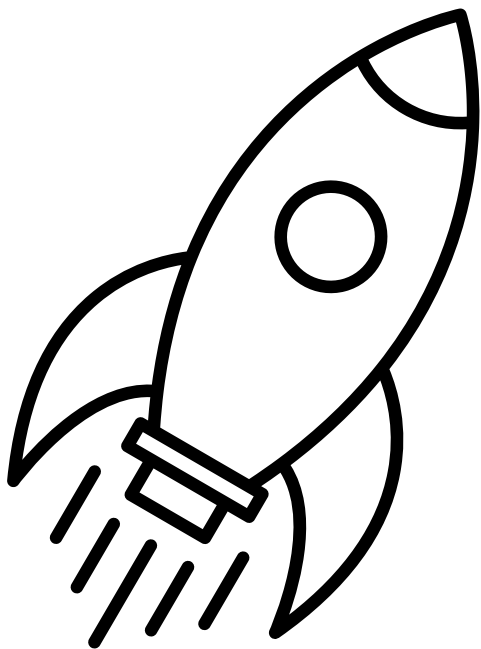
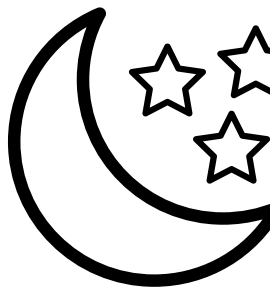
PROUD
SMILE
SUPER

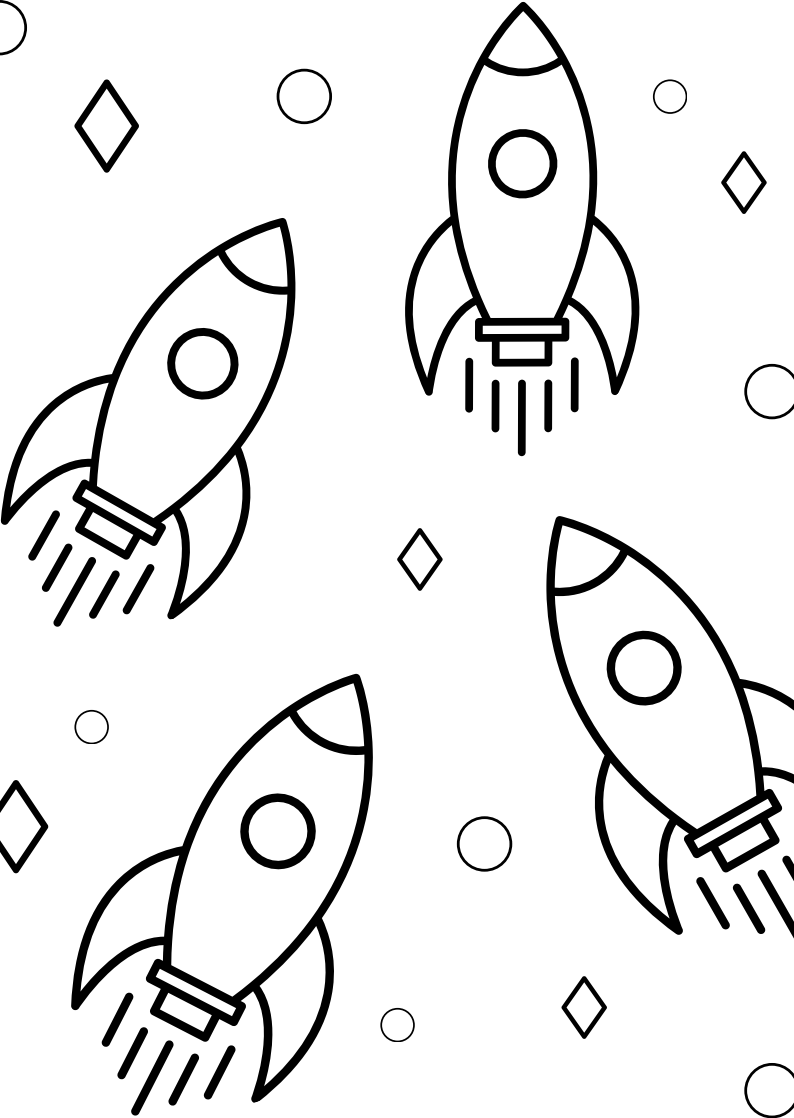
If you get stuck, ask someone to do it with you

Positivity Tree



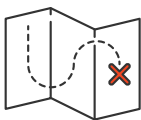
Let's go to the
Moon



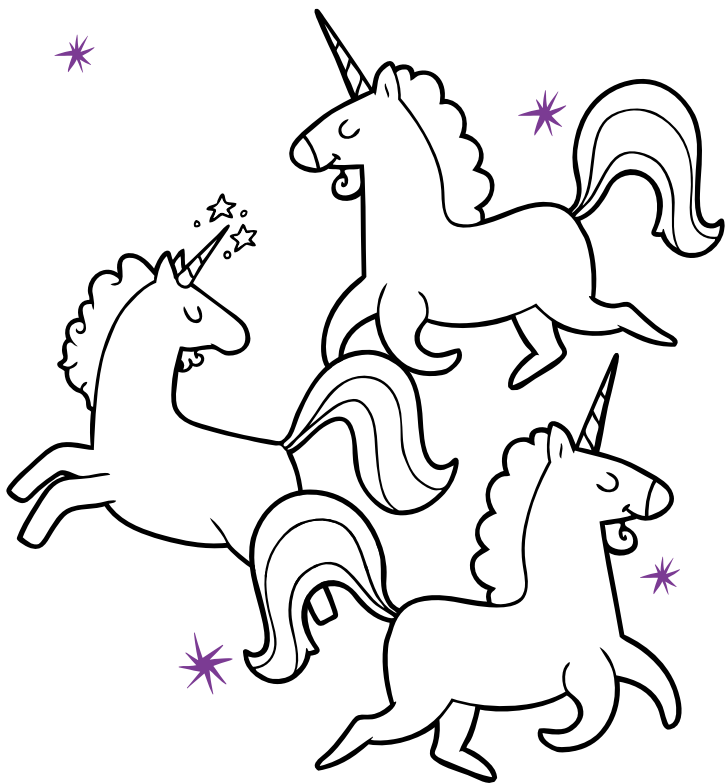


Adventures are calling...

Draw Barnie on a fun adventure.



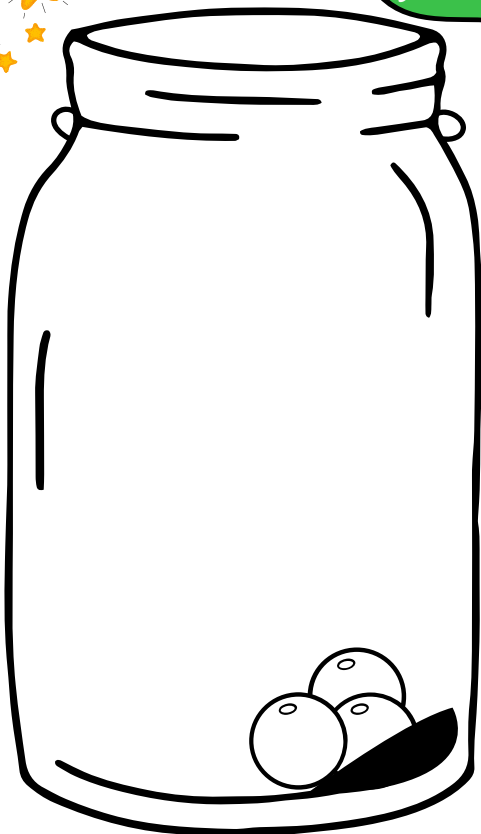
I want to be a
unicorn



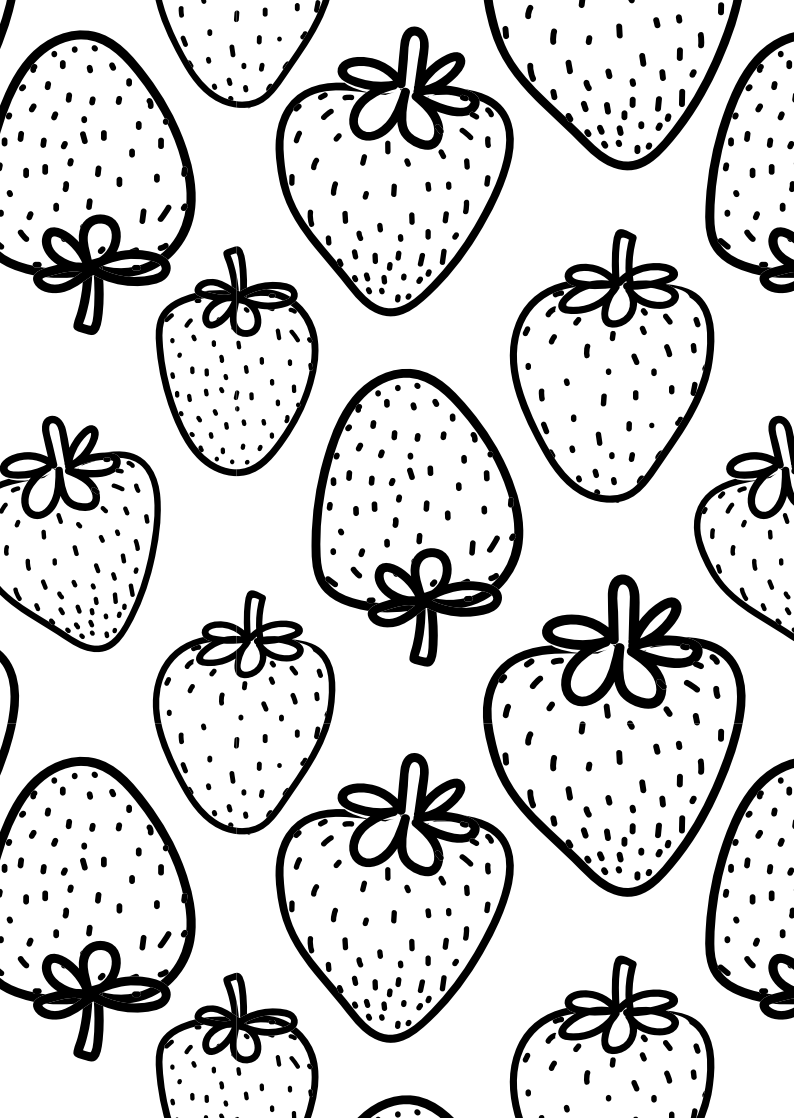
Gratitude Jar

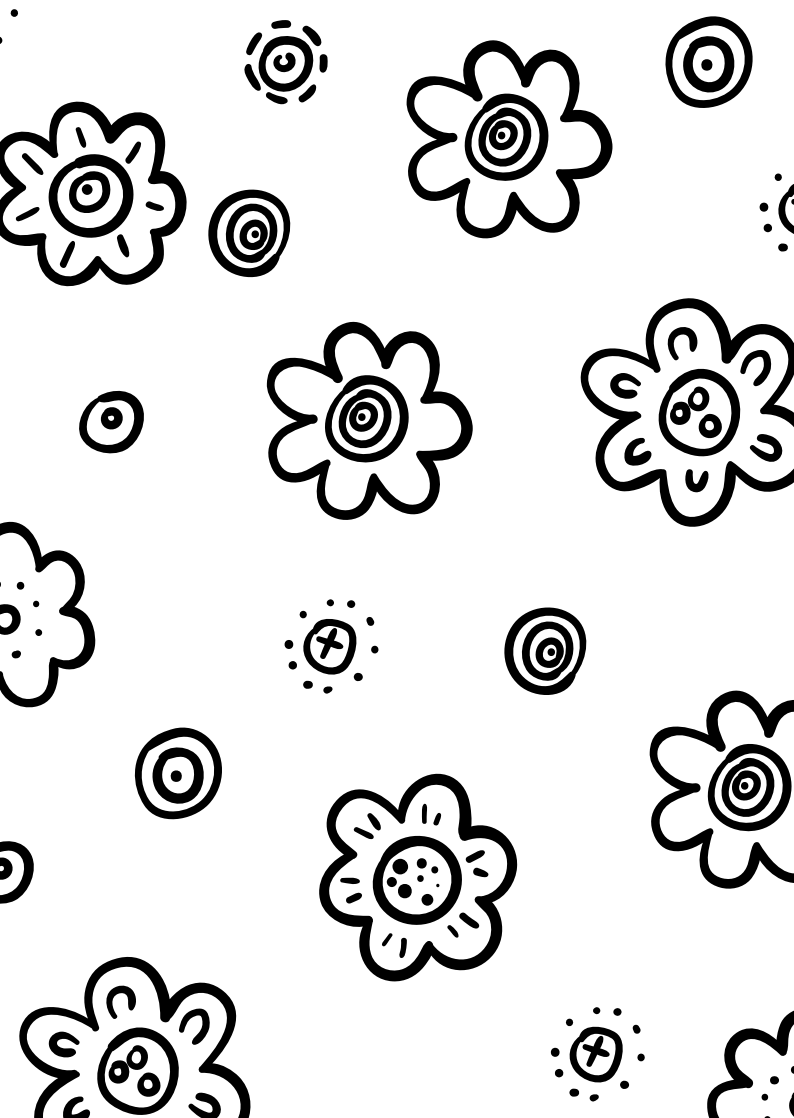


Fill this jar
with everything
you are
grateful for



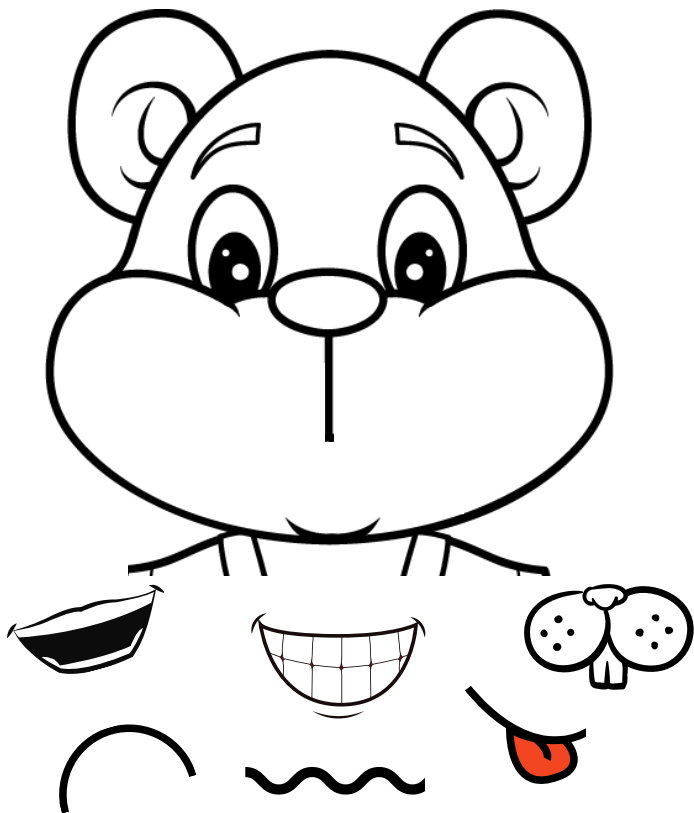






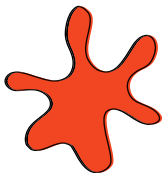
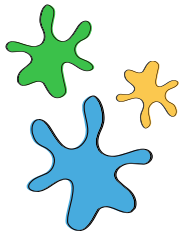
What's up Barney?

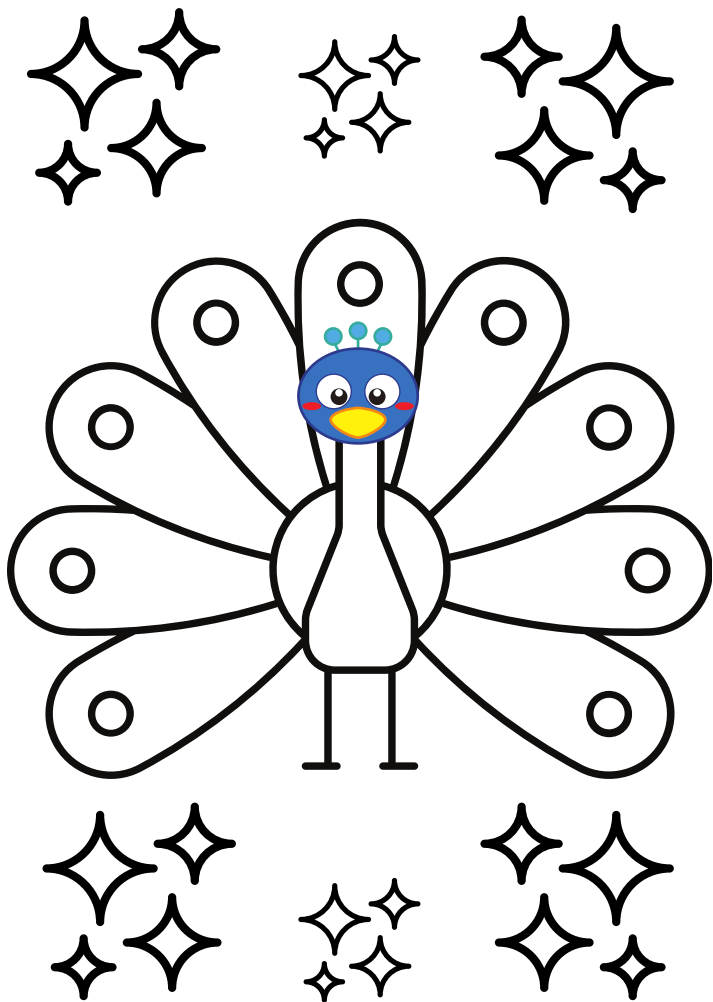
How is Barney feeling? Draw a mouth on his face.

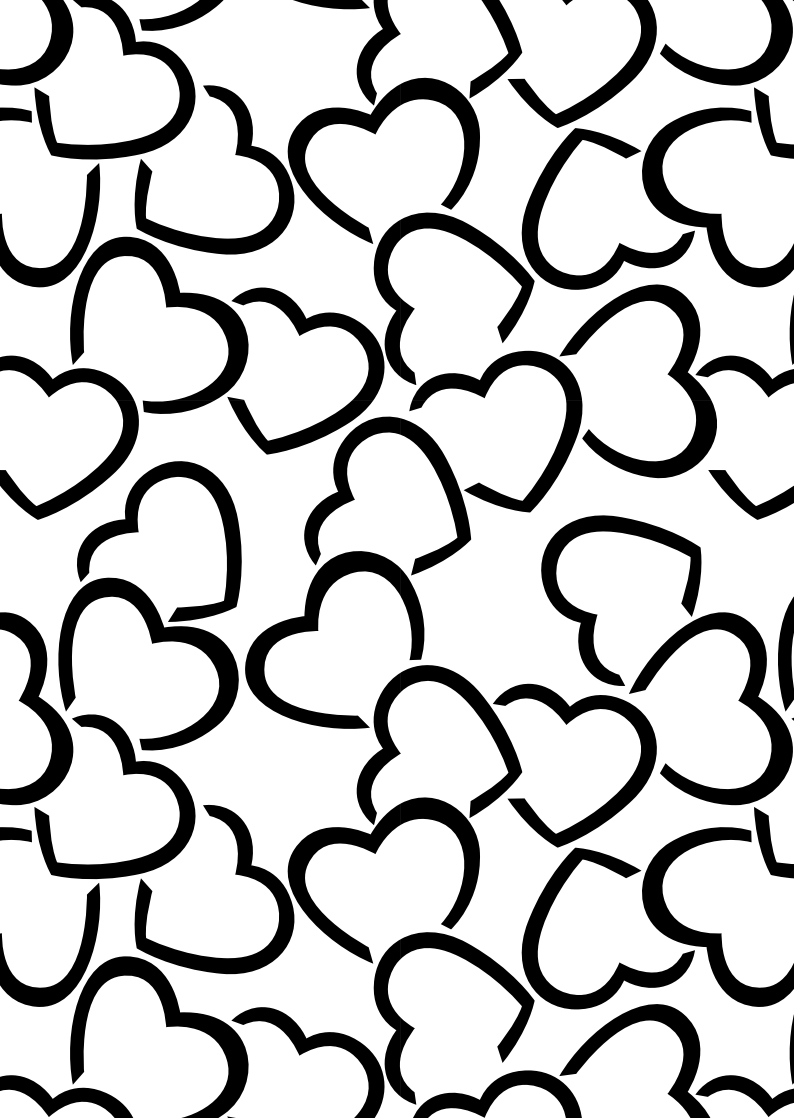


Positive Cap

Barnie would love you to design a new hat.

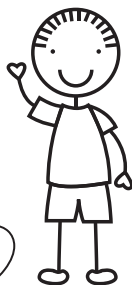




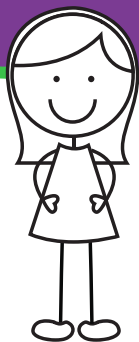


Follow your
dreams





Be Kind to
Others



**YOUNG
BARNET**
FOUNDATION



**SPACE
2 GROW**
CHILDREN & YOUNG PEOPLE FUND

A little bit about us...

Creating a Barnet Where all Children and Young People Thrive!

We enhance opportunities, activities and services for children and young people in the Borough of Barnet.

Find out more about us here.....

www.youngbarnetfoundation.org.uk

Barnet Council 0-19 Hubs and BACE Holidays
<https://barnetyouth.uk/>



Charity No. 1164713