

Level 1

My Healthy Happy Life

Activity Journal

Supporting children to develop lifelong habits
for physical and mental wellbeing.

Sample





Date:

Feelings

It is normal to have different feelings at different times.
Some feelings make you feel good and some feelings make you feel bad.

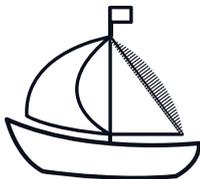
Your feelings can feel like waves, they come and go.

Sometimes they build up and are big and powerful and other times small and gentle.

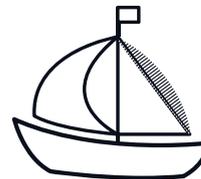


 Draw the waves to show how you feel when you are angry and calm.

When I am angry I feel like this.



When I am calm I feel like this.



Questions

- When your feelings are big and strong what safe places can you find to calm down?
- When your feelings are big and strong what can you do to calm them down?

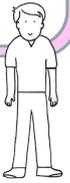
Quiet Reflection



Date:

Healthy Eating Habits

What are habits?



Habits are things that you do a lot without really thinking about it.

Tick the healthy eating habits that you have.

My healthy eating habits are:

- | | | | |
|--------------------------------------|--------------------------|--|--------------------------|
| 1. I eat 3 meals a day. | <input type="checkbox"/> | 6. I eat slowly. | <input type="checkbox"/> |
| 2. I eat 5 vegetables a day. | <input type="checkbox"/> | 7. I often have more than 4 different colours on my plate. | <input type="checkbox"/> |
| 3. I drink 7 glasses of water a day. | <input type="checkbox"/> | 8. I eat lots of different foods. | <input type="checkbox"/> |
| 4. I like to try new foods. | <input type="checkbox"/> | 9. I eat 2 fruits a day. | <input type="checkbox"/> |
| 5. I eat at a table. | <input type="checkbox"/> | 10. I eat fish once a week. | <input type="checkbox"/> |

Look at the healthy habits above that you have not ticked. Which ones would you like to practise so it becomes one of your healthy habits?

The healthy habit I would like to work on is _____

The words below are why having healthy eating habits help keep your body and your mind healthy.

These habits help my:

4 Letter words:

- Body
- Mood
- Skin
- Eyes
- Hair

5 Letter words:

- Teeth
- Heart
- Brain

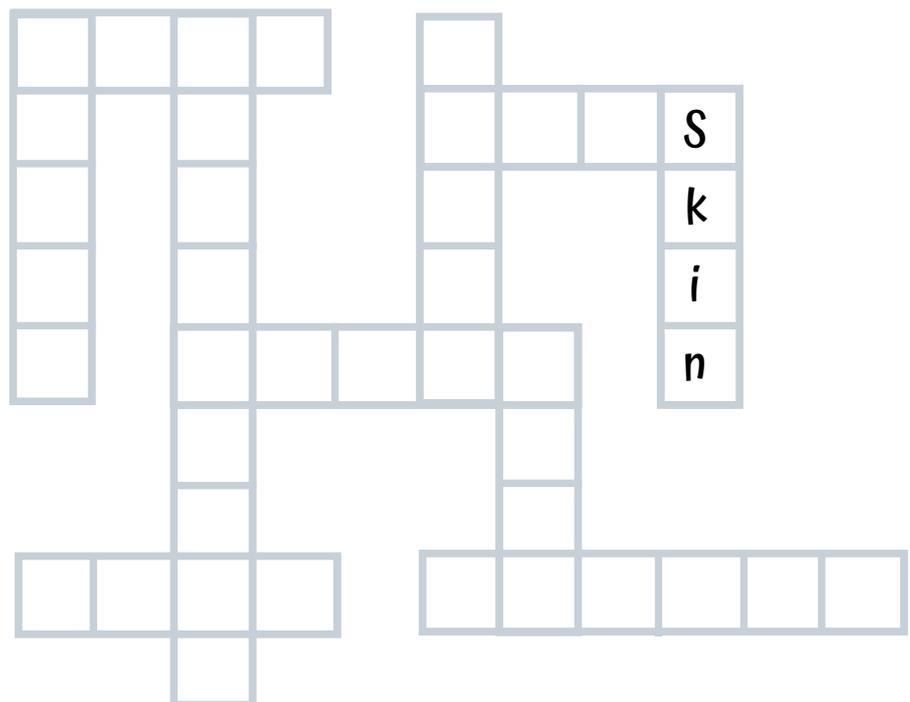
6 Letter words:

- Growth

9 Letter words:

- Digestion

See if you can complete the puzzle with the words.





Date:

Feeling Unwell

It is important to tell someone if you do not feel well. Sometimes it might be hard to explain how you feel. These words below might help you.

I don't feel very well. My...



 Write down how your body may feel when you are not well.

Here are some words that you might like to use to help you explain how you feel.

Hurts

Hot

Painful

Cold

Sore

Tired

Sick

Pounding

Runny

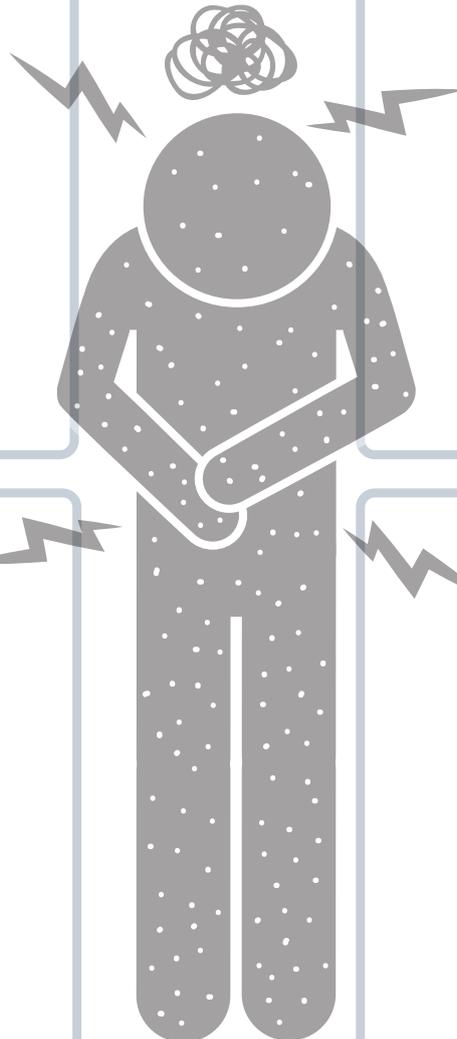
Hard

My head feels...

My muscles feel...

My stomach feels...

My poo is...



Date:

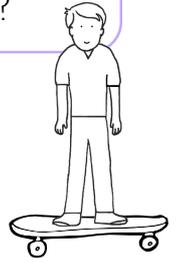
My Fitness

You can be fit in a number of different ways.



I am able to walk for a long time?

I have good balance on my skateboard?



 Can you match the words with the pictures?

You might be fast

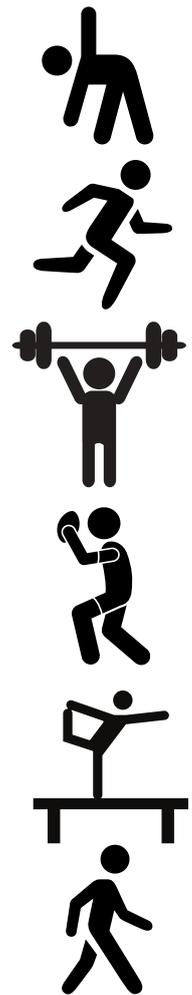
You might be strong

You might be able to walk for a long time

You might be flexible

You might be good at catching

You might be good at balancing

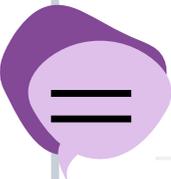


Questions

- What are you good at?
- What would you like to be better at?
-



Quiet Reflection





Finding Help

We hope you have enjoyed learning about habits to help you live as happy and as healthy a life as you can. Remember, life is a journey and it is important that we keep learning about how to live a healthy life.

Don't forget it's okay to ask for help and it is important that you do. For times when you need some extra help and support here are some things you can do.

1. When and who to ask for help.

- If you don't know what you should be doing or you don't understand. Don't be sacred to ask someone to help. This could be a friend, teacher, or family member.
- When you feel overwhelmed by things you have to do, school work, clubs, chores or events. Asking for help might not mean that someone else will do these things for you, but they will be able to help you and make you feel better.
- When you feel scared, worried, sad or overwhelmed with your feeling, talk to an adult at school or home.
- When something has happened that is very upsetting and you don't feel your normal self, make sure you talk to an adult at home or school.

2. How to ask for help

Here are a few ideas of things you could say when you ask for help.

