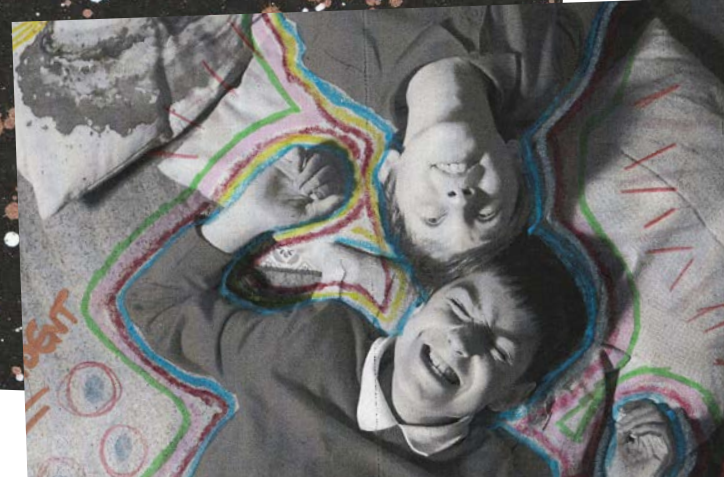
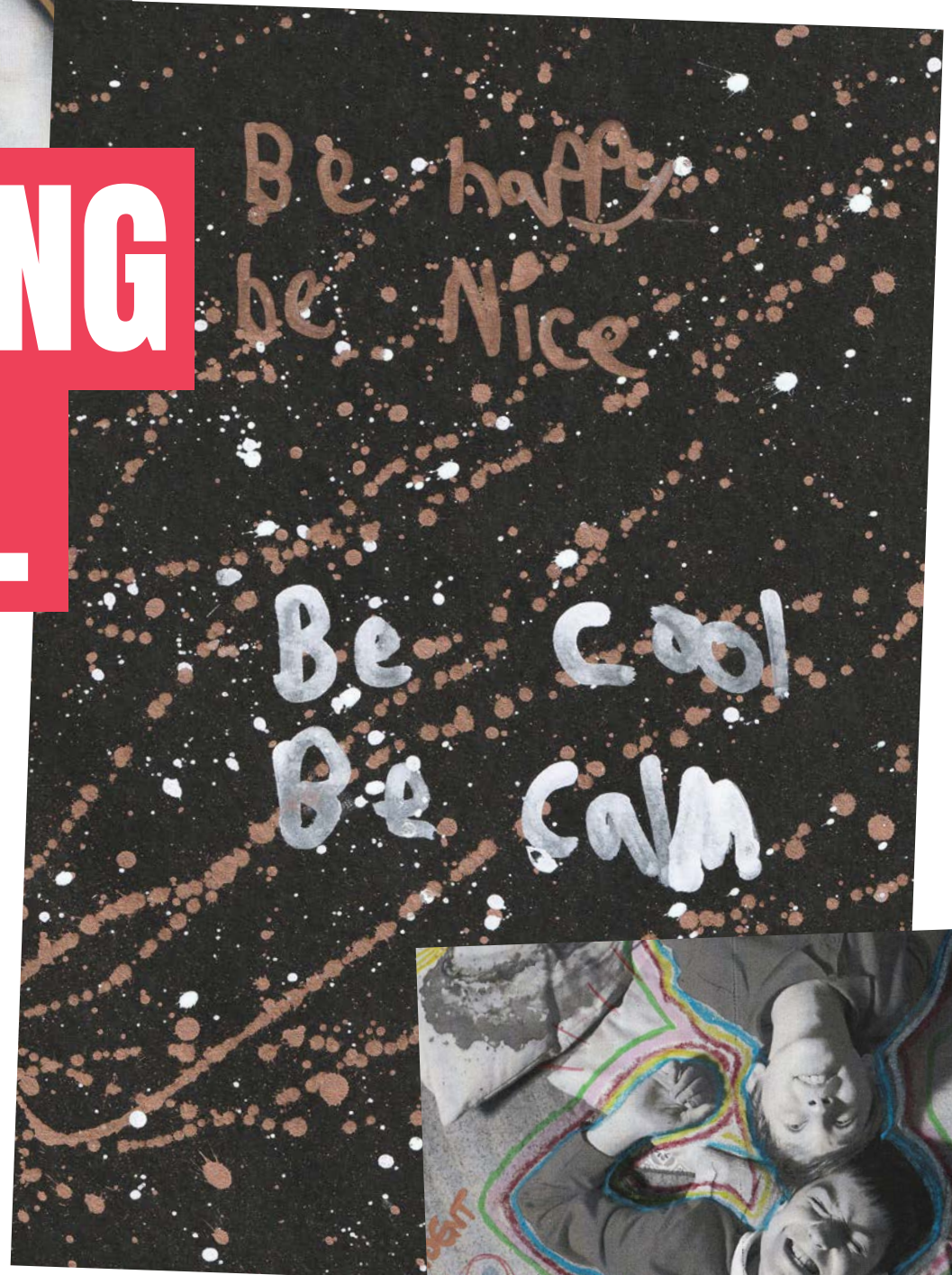




WELLBEING JOURNAL

By Ryelands Primary and Nursery School



RESTORE
TRANSITIONS

Welcome to our wellbeing journal, made on the RESTORE Transitions project with Lancashire Youth Challenge.

We created this journal to document our experiences, feelings, and thoughts around transitioning to High School. For some of us, this will happen in September 2024, for others, the year after. In each section we have created a tool to help if our lives start to feel a bit overwhelming.



MEET THE MAKERS!



ALEX



STANLEY



BRIAN



MARSHALL



THEO



HARRISON



PHOENIX



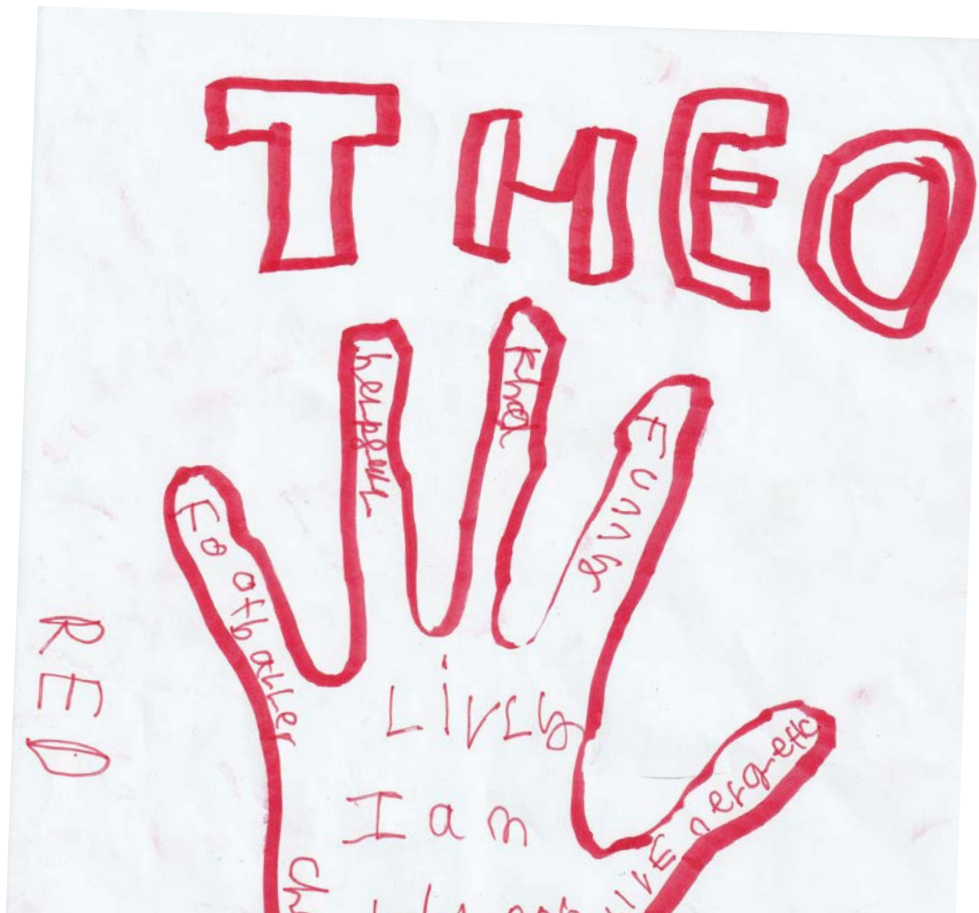
NOAH



SECTION 1

Self-Worth & Values

We looked at self-worth and personal values by discussing what we liked about ourselves and each other, and celebrated the similarities and differences between us. We also explored the differences between a fact and an opinion.



CORE VALUES

Authenticity
Achievement
Adventure
Authority
Autonomy
Balance
Beauty
Boldness
Compassion
Challenge
Citizenship
Community
Competency
Contribution
Creativity
Curiosity
Family

Determination
Fairness
Fame
Friendships
Fun
Growth
Happiness
Honesty
Humour
Influence
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty

Openness
Optimism
Peace
Pleasure
Popularity
Recognition
Reputation
Respect
Responsibility
Security
Self-Respect
Service
Spirituality
Stability
Success
Status
Wisdom

PINK

KIND

CREATIVE

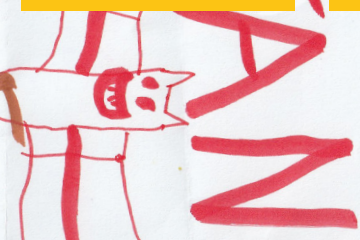
HAPPY

Helpful

I AM

who I
Fun
Football

rainbow
Jimmy Clark
Special
Friend
Level head
Silly
Smart + Short



TOOL 1

HANDPRINT



VALUES ARE INDIVIDUAL BELIEFS THAT MOTIVATE PEOPLE TO ACT ONE WAY OR ANOTHER. WHAT ARE YOURS? DRAW AROUND YOUR HAND AND JOT THEM DOWN.



SECTION 2

Place & Belonging

After looking inwards at our own values, we then looked out at our place in the world. We talked about our school, where we lived and the wider community, and how each place helped us to develop our sense of self. Knowing where we belong grounds us at times when we might feel isolated and alone.

**‘HAVING A MAP &
DIRECTIONS MAKES
NEW PLACES LESS
SCARY’.**



TOOL 2

MAKE A MAP



Maps help us navigate the world, making it feel like a less scary place. To help you prepare to visit a new place, like high school, why don't you get a map of it? You could also draw your own maps. One could be from your home to school, or even a map of the places where you feel happiest.

SECTION 3

Identity

Looking back at ourselves, we learnt that our identity changes as we experience new things, and that artistic self-expression is a fantastic way of documenting this growth. We designed and took our own self-portraits and created poetry using our names.

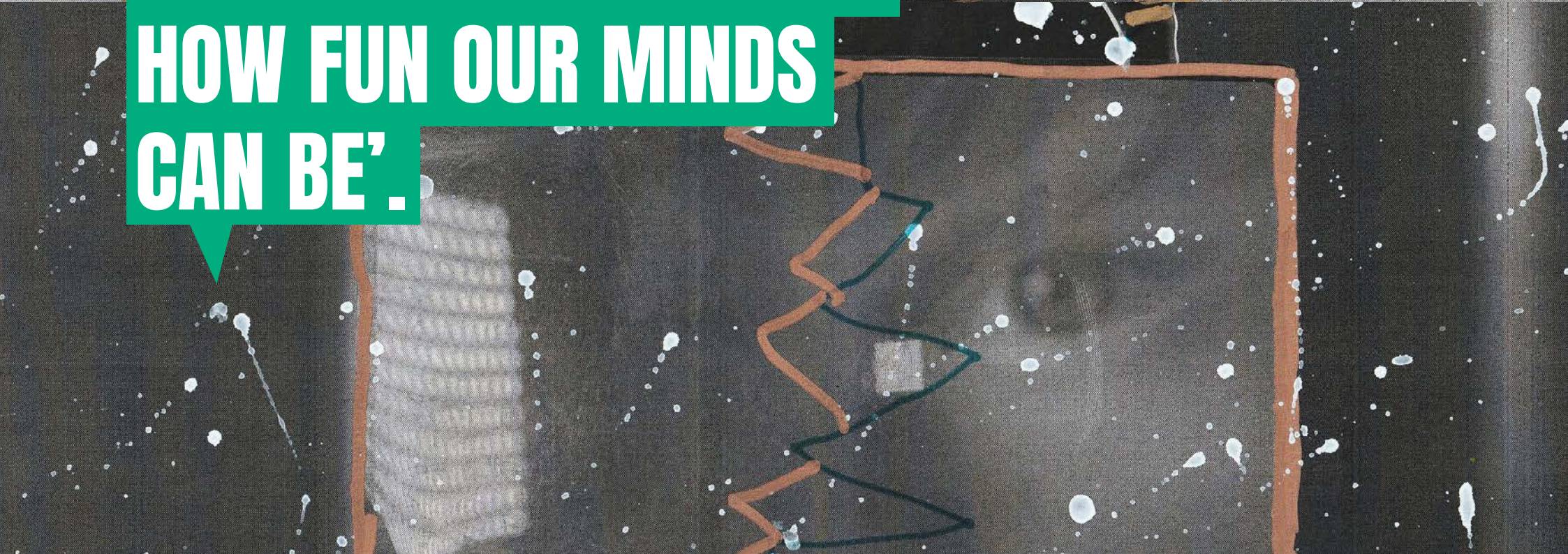


**'YOU NEVER KNOW
WHAT YOU ARE CAPABLE
OF, IF YOU DON'T KNOW
WHO YOU ARE'.**





**'CREATIVITY IS PART OF
OUR IDENTITY & SHOWS
HOW FUN OUR MINDS
CAN BE'.**



TOOL 3

SELF-PORTRAIT

Taking a selfie is easy, the challenge comes from doing it in a way that represents you in that moment. If you are happy, try a jumping shot, sad, get some moody lighting on. You can also look around your house for some items that distort the image, like a glass of water. You can also print them out and doodle your thoughts on them.



TOOL 4

POETRY



This form of poetry is called an acrostic poem. You take your name and for each letter find a word that best describes you. Once you have your words, build a full colourful sentence. This is a good activity as it helps you find all the great things about yourself!

Artistic in my world of imagination
Laughs a lot deep within
Energetic I jump with spirit
Xtra is the X in my name

Happy is the joy when I laugh
And I want more happiness
Red I paint my canvas in colour
Radiant of my luminous skies
Igloo is icy but keeps you warm inside
Smart like my clever mind
Original like a snowflake
Never giving up on my dreams

Super with my numbers
Terrific I count in my head
Artistic I draw a graph of ups and downs
Nice when I care for my friends
Luscious I gift them my kindness
Economic I am fair
Youthful I have my whole life ahead of me

P is the first letter of my name
Helpful I am to my friends
Optimistic I am to myself
Excellent is my ambition to be superb
Nurturing I care for everything in this world
Inviting I welcome you to see it
X-(e) xcellent is my future, what is yours?

Magnificent my thoughts are gigantic
Active I am lively when I think and feel
Reliable I trust in myself
Sporty I kick the ball and score
Happy I make the fans cheer
Adventurous I explore the beauty of our world
Loyal you can trust me
Loveable my heart is gigantic too

Brave I roar in courage
Relaxed I search for peace in our world
Independent I stand with you
Active I run when you walk
Nice when you need a helping hand

Thoughtful for I am kind-hearted
Helpful is my gift to you
Enthusiastic I am full of energy
Optimistic I am cheerful like the sunlight

SECTION 4

Getting to Know New People

Over the 12-weeks, we learnt several skills to help us work better as a team, such as respect, listening, kindness and giving a helping hand. Throughout our lives, we will continue to meet new people, so being able to not judge someone by how they look and taking the time to get to know them is important.

**‘DON’T JUDGE
A BOOK BY IT’S
COVER’.**



TOOL 5

5 HOT QUESTIONS

WHAT IS YOUR FAVOURITE SUBJECT?
TELL ME ABOUT YOUR BEST FRIEND?
WHAT DO YOU ENJOY DOING? HOBBIES?
TELL ME A RANDOM FACT ABOUT YOURSELF?
WHAT FOOD DO YOU LIKE EATING?

‘TRY THESE 5
QUESTIONS WITH
SOMEONE NEW’.

‘JUST REMEMBER
TO LISTEN’;-)



SECTION 5

Emotions & Behaviours

Sometimes we have difficult feelings, but we have learnt that we can overcome them. Together we unpicked situations that can sometimes lead to us respond in a negative way. We identified tools we could use, like the feelings check in, to manage these emotions before they make us do something we might regret. A particular tricky feeling is worry and we identified ways to notice and stop the worry getting bigger.



**‘EMOTIONS ARE FEELINGS
AND BEHAVIOURS ARE
WHAT YOU DO’.**

TOOL 6

CHECK IN

If you wake up on the wrong side of the bed and feel a bit unsure, a self check-in might help you unravel those complex feelings. You can think of your own questions, or try the ones on this page.

‘IN A MORNING I CHECK IN WITH MY FEELINGS SO I KNOW WHERE I AM AT’.

HOW AM I FEELING?

WHAT DO I WANT TO ACHIEVE TODAY?

WHAT CAN I DO TO HELP ME GET THERE?

WHAT DIFFERENCE DO I WANT TO MAKE?

TOOL 7

WORRY BALLOONS

'OUR WORRIES DON'T STAY AS BIG OR GET ANY BIGGER IF WE LET THEM GO'.



One of the ways we learnt to better manage our worries, was with the worry balloon tool. First we thought about our worries, then we blew air into the balloon, with each blow being a worry we were feeling. Then we wrote them on the balloon with a marker pen. Finally, we went outside and let the balloon go. Whilst this didn't get rid of our worries, it did help us understand what they were and how we might start to address them.



SECTION 6

Advice to my Future Self

At the end of the project, we reflected on all the tools we had learnt and how we would use them in the future. We wrote down advice we would give ourselves and put them in small keepsake bottles, ready for when we need to remind ourselves of what we have learnt together.

'IT'S OK TO FEEL SAD SOMETIMES'.

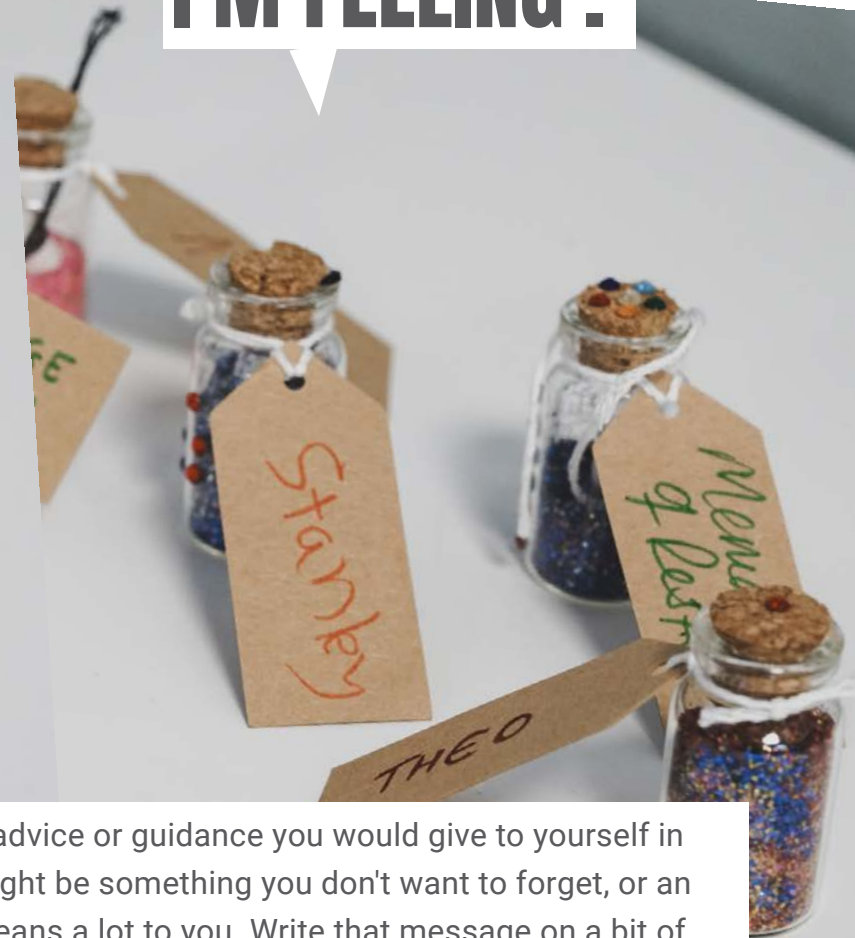
'I CAN LET GO OF NEGATIVE THOUGHTS'.

'IT'S OK TO MAKE MISTAKES'.

TOOL 7

MESSAGE IN A BOTTLE

'I CAN SHARE WHAT I'M FEELING'.



Think about what advice or guidance you would give to yourself in the future. That might be something you don't want to forget, or an affirmation that means a lot to you. Write that message on a bit of paper and put it in a small bottle. Revisit your advice when you need it.

WHAT IS THE RESTORE TRANSITIONS PROJECT?

RESTORE Transitions at Ryelands Primary and Nursery School was a twelve-week participatory programme from Lancashire Youth Challenge designed to enable, empower, and inspire young people to enhance their emotional wellbeing and build their interpersonal skills, social interaction skills, confidence, and self-efficacy.

The programme was facilitated by industry professionals including experienced PT instructors, mental health practitioners, creative artists, outdoor learning experts and youth support workers.

Each session focussed on a particular emotional and behavioural principle such as 'Feel the Fear', 'No wrong feelings' or 'Kindness is the Cure' from which all the activities, events and conversations referred. These principles were the starting point to explore behaviours, emotional triggers, empathetic reasoning and understanding.

The **RESTORE Transitions** project has been funded by the TASS Inclusion HUB (Lancashire County Council) and developed in partnership with Ryelands Primary and Nursery School.

If you would like to find out more, you can contact Project Co-ordinator Sam Duckles - sam.duckles@lancashireyouthchallenge.co.uk.

RESTORE
TRANSITIONS



Lancashire
Youth
Challenge

