

Summer Wellbeing Journal

How to use this journal

You do not need to write every day.

Try completing 2-3 prompts each week.

You can write, draw, make mind maps, create lists, or use bullet points.

There are no right or wrong answers.

Daily Check-In

Today I am feeling...

-  Happy
-  Calm
-  OK
-  Worried
-  Sad
-  Frustrated
-  Tired
-  Stressed

One word to describe my day:

Something good that happened today:

Something I am looking forward to:

Week 1: Getting Started

Prompts

- What are three things I would like from this summer?
- What usually helps me feel happy?
- When do I feel most confident?
- What am I excited about this summer?
- What am I worried about?
- What helps me feel better when I am stressed?
- Who are the people I trust most?

Gratitude Prompt

Write down:

Three things I am grateful for today.

1. _____
2. _____
3. _____

Week 2: Friendships and Connections

Prompts

- What makes a good friend?
- What do I value most in other people?
- Who makes me laugh?
- When was the last time someone showed me kindness?
- What can I do to strengthen a friendship?
- What would I tell a friend who was having a difficult day?

Reflection

A positive memory from this year is:

Week 3: Confidence and Strengths

Prompts

- What am I good at?
- What achievement am I proud of?
- What challenge have I overcome?
- What would my friends say are my strengths?
- What makes me unique?
- What is something new I would like to try?

Confidence Challenge

Finish this sentence:

I am proud of myself because...

Week 4: Looking After My Mental Health

Prompts

- What helps me feel calm?
- How do I know when I am becoming stressed?
- What are my warning signs that I need support?
- What activities improve my mood?
- What advice would I give to someone who was anxious?
- What is one healthy habit I would like to improve?

Self-Care Reflection

This week I looked after myself by:

Week 5: Happiness and Enjoyment

Prompts

- What was the best part of my summer so far?
- What makes me smile?
- What activities make me lose track of time?
- What is something fun I would like to do before school starts?
- If I could design my perfect day, what would it include?

Positivity Challenge

List:

- 5 things you enjoy
- 5 people who care about you
- 5 things you are looking forward to

Week 6: Looking Ahead

Prompts

- What have I learned about myself this summer?
- What am I proud of achieving?
- What has gone well?
- What would I like to continue in September?
- What are my goals for next year?
- What advice would I give my future self?

Letter to Future Me

Write a short message to yourself to read in six months.

You might include:

- Things you are proud of
- Goals you have
- Reminders for difficult days
- Things that make you happy

Quick Journal Prompts

Use any time you want.

- Today I feel...
- Right now I need...
- Something that made me laugh today...
- A challenge I overcame...
- One thing I learnt today...
- A random act of kindness I saw...
- Something I enjoyed outdoors...
- Someone I appreciate...
- One small win from today...
- One thing I can do tomorrow to help myself...

On Difficult Days

If today feels hard, complete these sentences:

- The hardest thing right now is...
- One thing I can control is...
- One person I could talk to is...
- One thing that helped me before is...
- Tomorrow I will try...

Remember: feelings change, difficult moments pass, and asking for support is a sign of strength.

My support team:

Parent/Carer: _____

Trusted Adult: _____

Friend: _____

Other: _____

Need immediate support?

- Childline: 0800 1111
- NHS 111, select **Option 2** for mental health support
- 999 in an emergency
- Kooth: www.kooth.com

Summer Motto

You do not need to have a perfect summer. Small positive actions, repeated regularly, can make a big difference. 🌻💙

