



I'm Starting School – My Wellbeing Journal

A child's emotional wellbeing is just as critical to a successful start to school as their academic readiness. It is widely acknowledged that mental health issues, such as anxiety and depression, affect one in seven primary-aged children.

Throughout the My Wellbeing Journals, students will be offered exercises that focus on:

- self-management
- self-awareness
- social awareness
- relationship skills
- responsible decision making

This wonderful journal is designed to enhance the self esteem and social awareness of your child. The exercises in here will need help from parents and it is not intended that the journal be completed before school starts.

The first 11 pages will help consolidate your child's view of themselves and we recommend doing each activity together and talking about each page as it's being done. This is a lovely opportunity for your child to figure out just who they are and how they fit into the scheme of things.

Then, go through the journal yourself, identify areas you think your child would benefit from and set a target to complete one page a week. There will be some activities that should await, till your child is mature enough to understand the concept behind them - you know your child best, so I'm sure you'll be the best judge on which sections to do when.