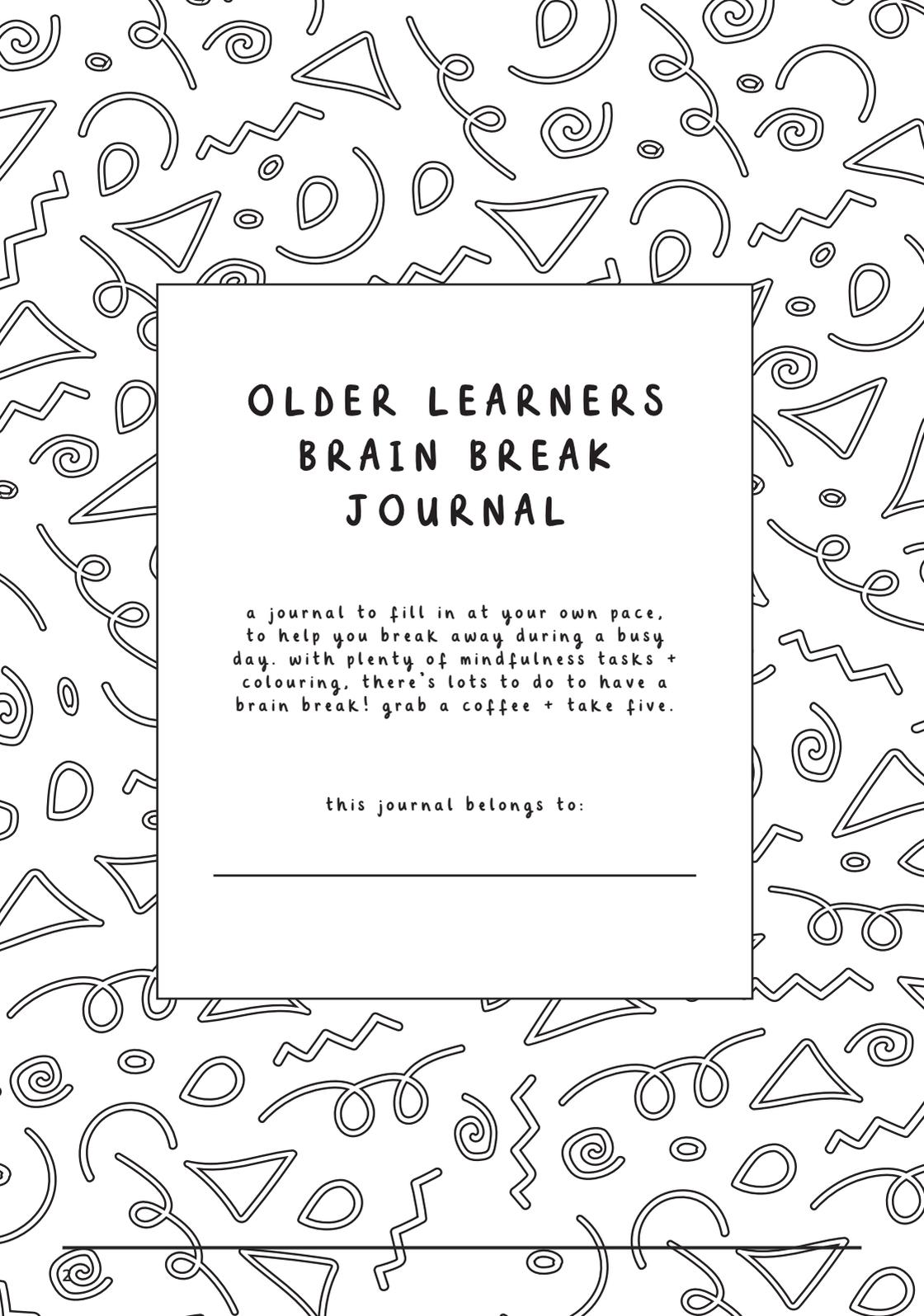


BRAIN BREAK JOURNAL

OLDER LEARNERS



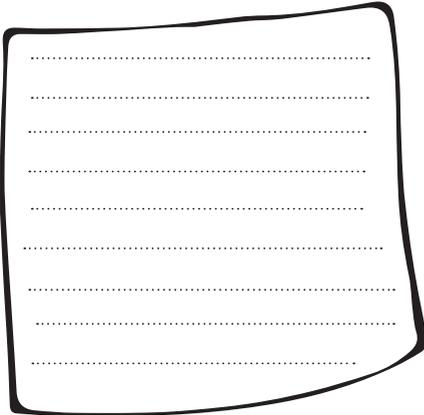


OLDER LEARNERS BRAIN BREAK JOURNAL

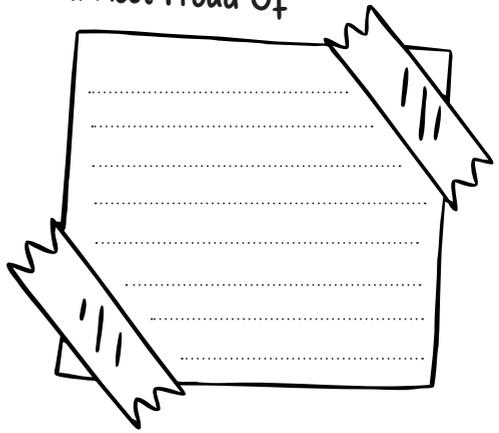
a journal to fill in at your own pace,
to help you break away during a busy
day. with plenty of mindfulness tasks +
colouring, there's lots to do to have a
brain break! grab a coffee + take five.

this journal belongs to:

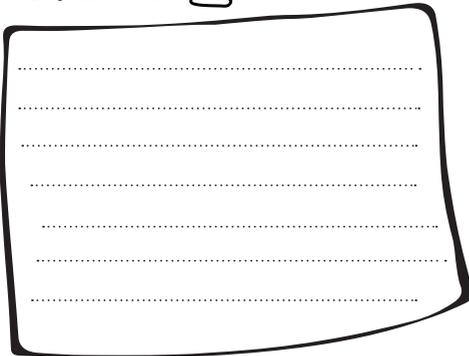
What do I enjoy about my day-to-day?



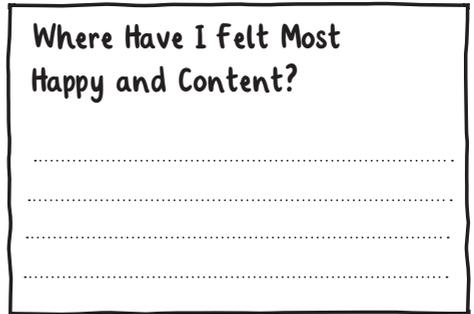
I Am Most Proud Of



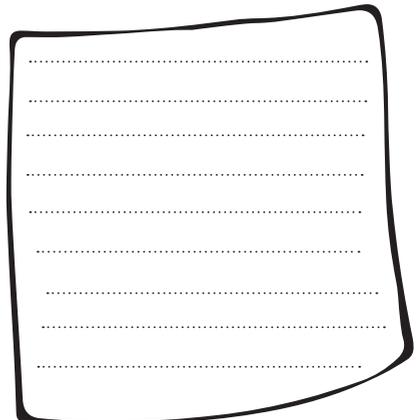
Something I Am Looking Forward To 



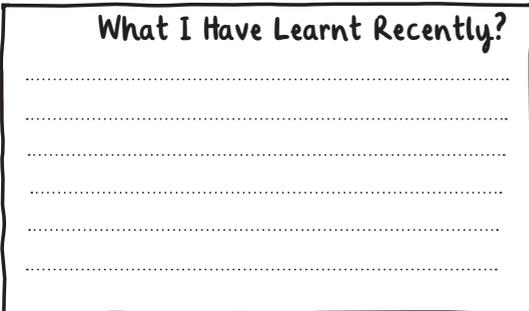
Where Have I Felt Most Happy and Content?



Things I Have Overcome



What I Have Learnt Recently?



DATE:



Quote of the day:



I'm thinking about:



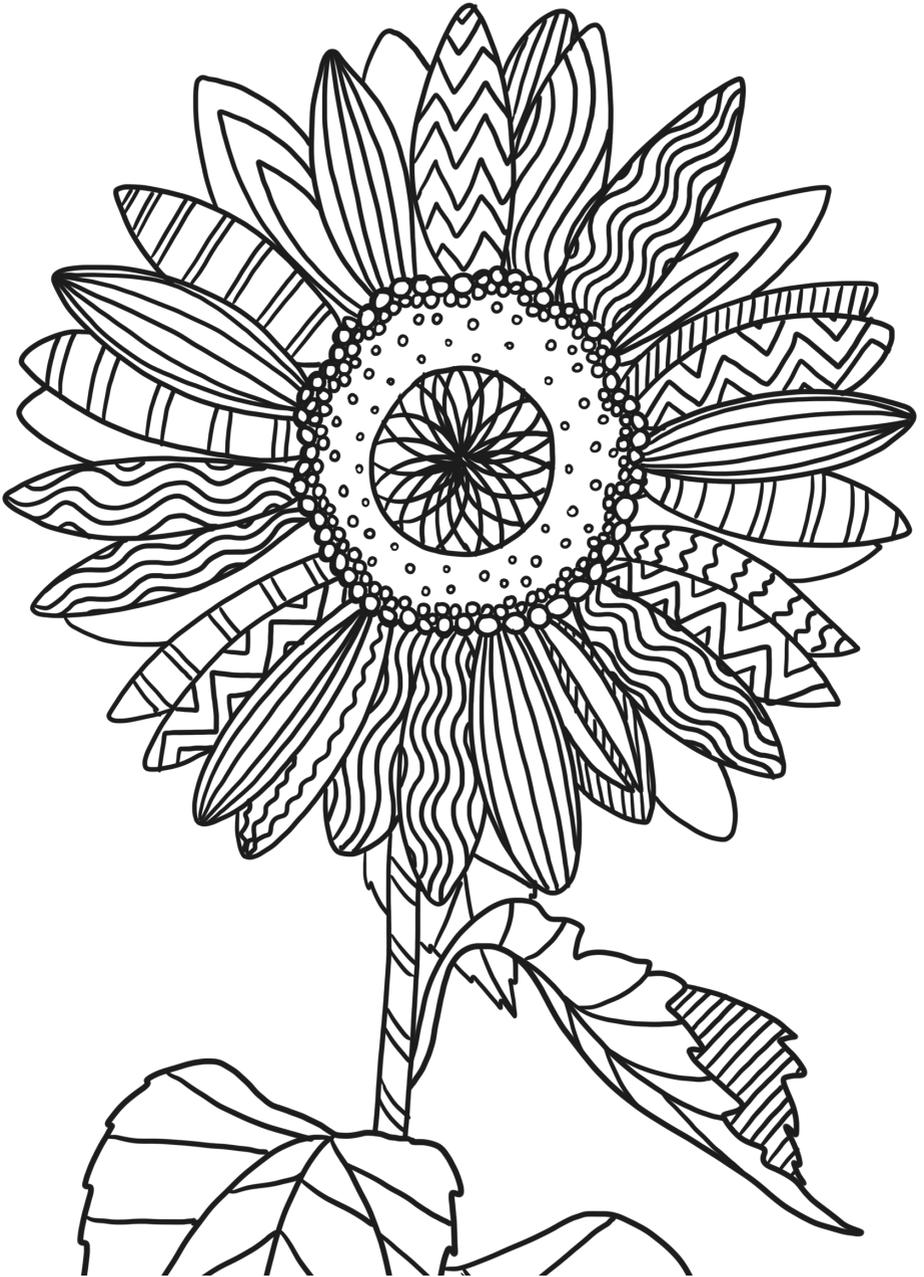
Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



Tonights plan:



I'm grateful for:



Give to Others

DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



Tonights plan:



I'm grateful for:



Wellbeing Checklist

Build positive and supportive relationships with your peers

Try to stay present and take it one day at a time.

Be proud of your work and the difference you make.

Spend time outside of school doing what you enjoy.

DATE:



Quote of the day:



I'm thinking about:



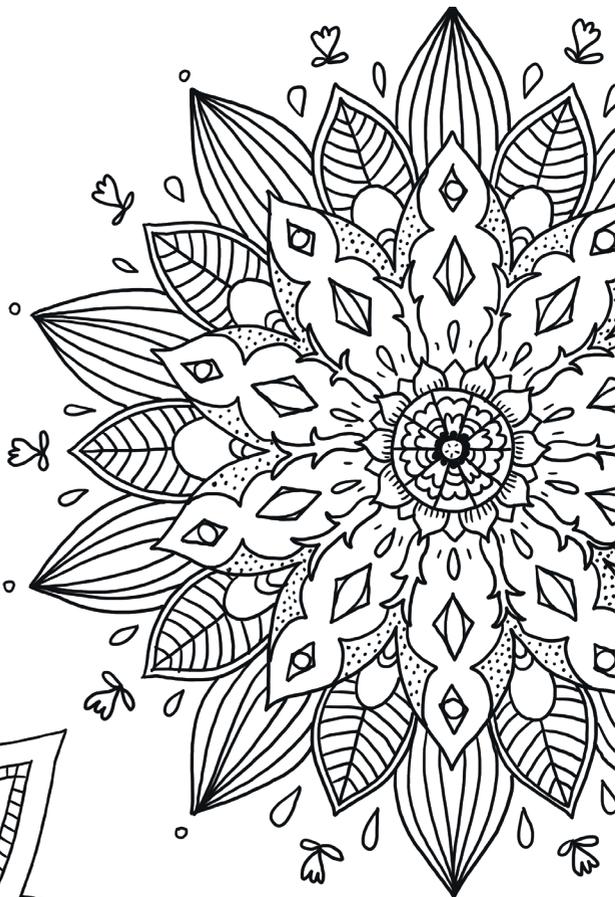
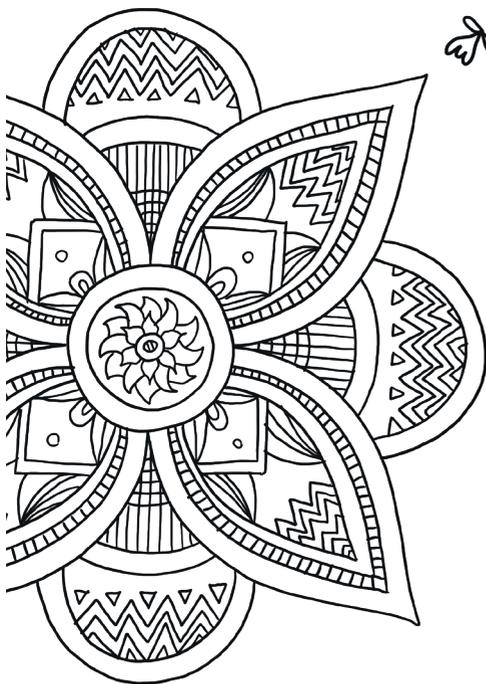
Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



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Quote of the day:



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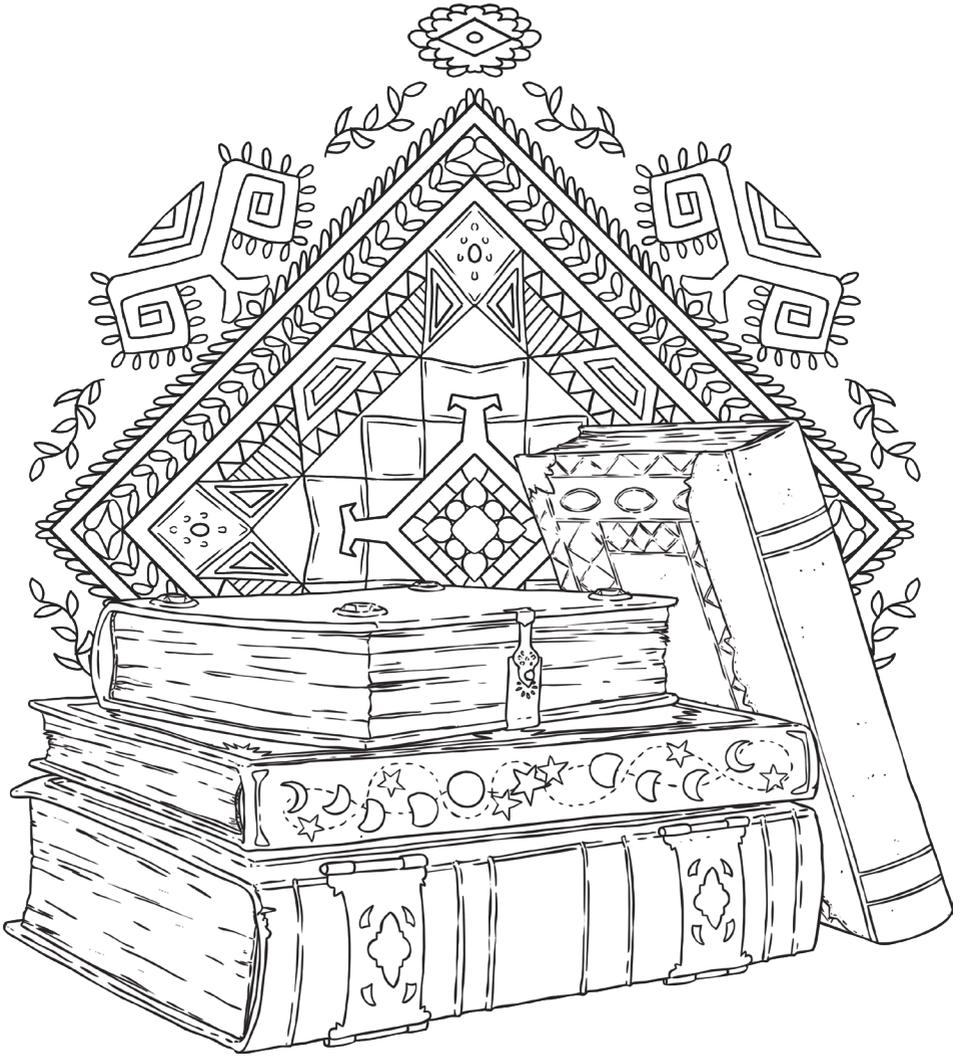
Today's goals + intentions:

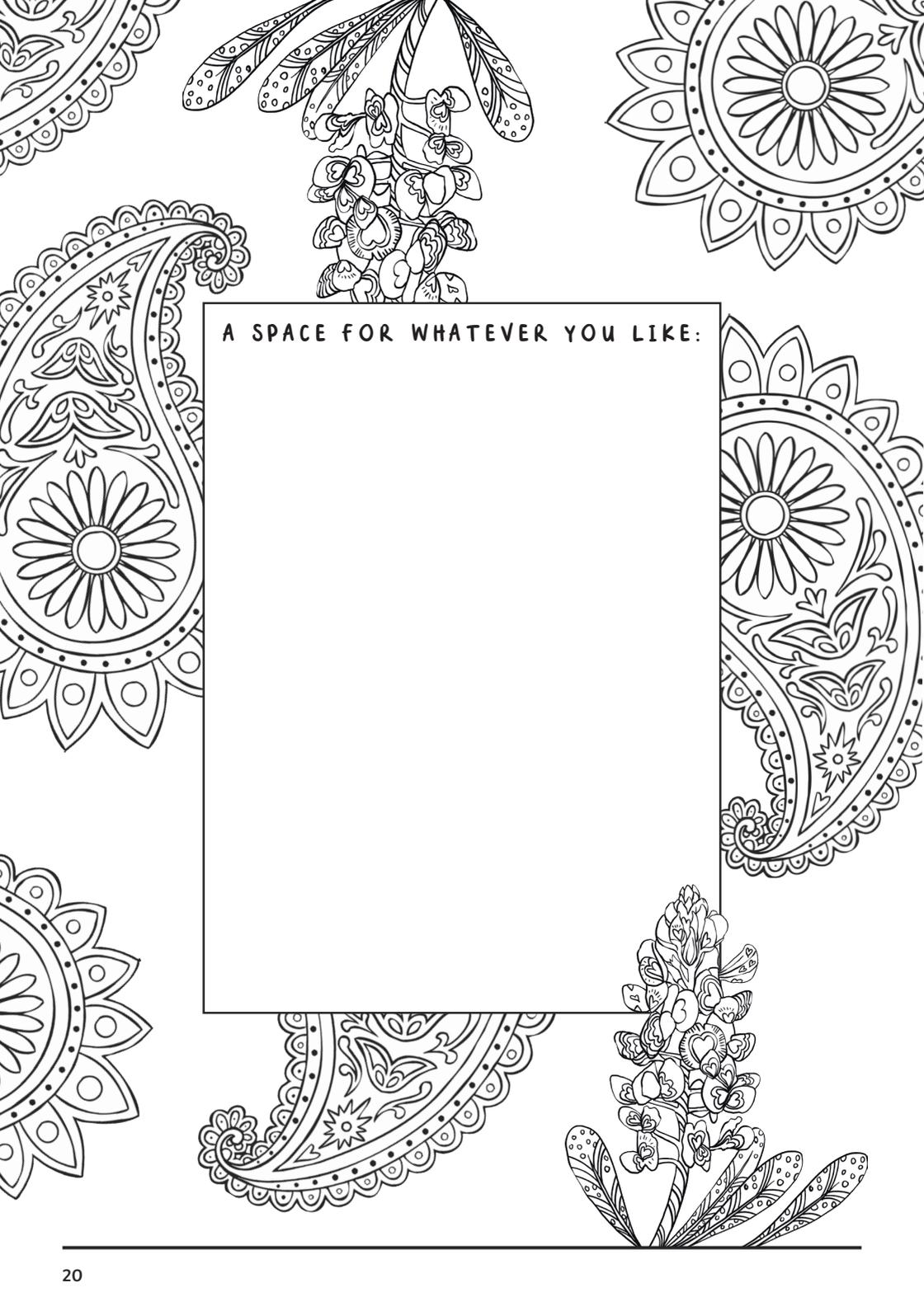


Tonights plan:



I'm grateful for:





A SPACE FOR WHATEVER YOU LIKE:



DATE:



Quote of the day:



I'm thinking about:



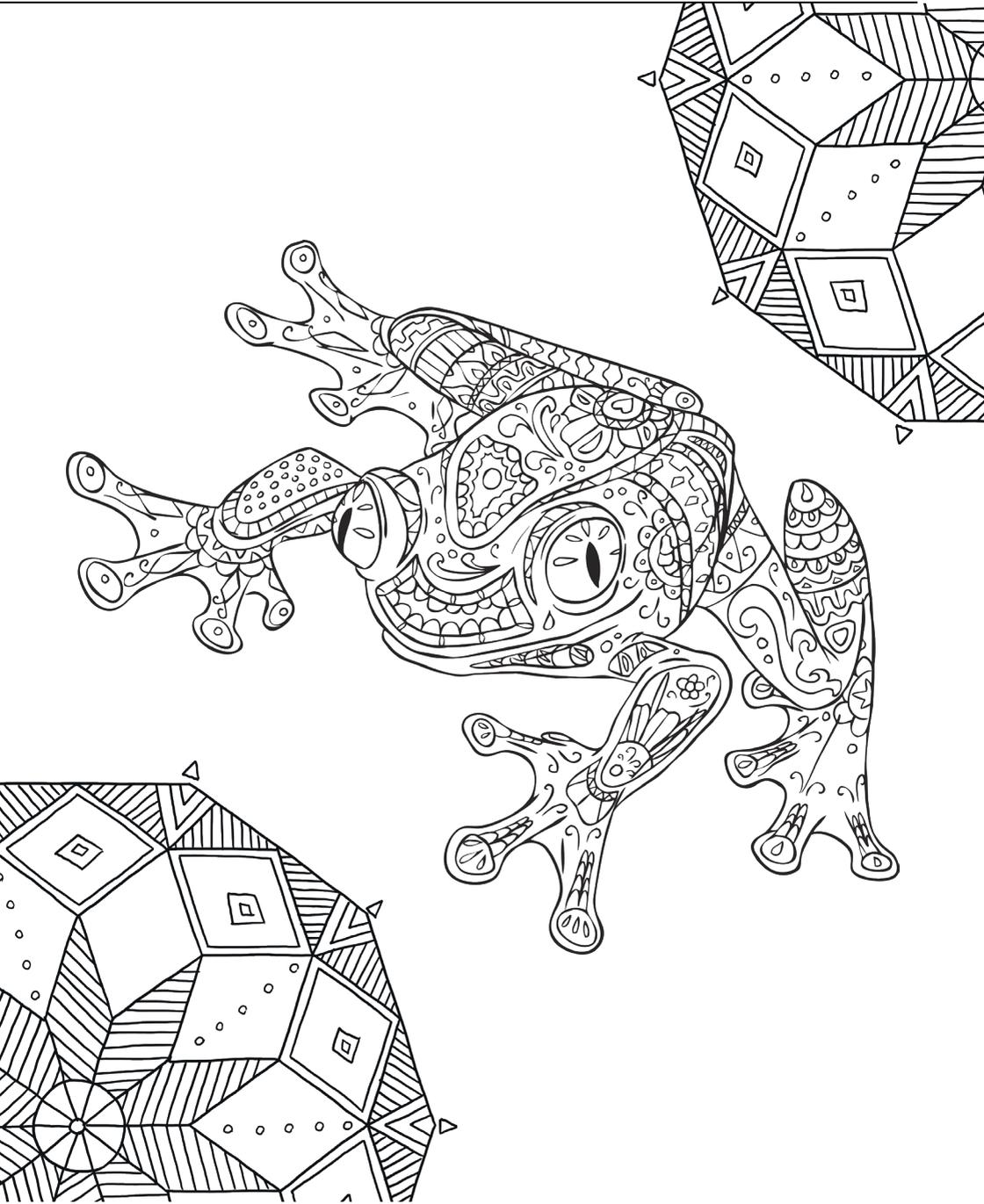
Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



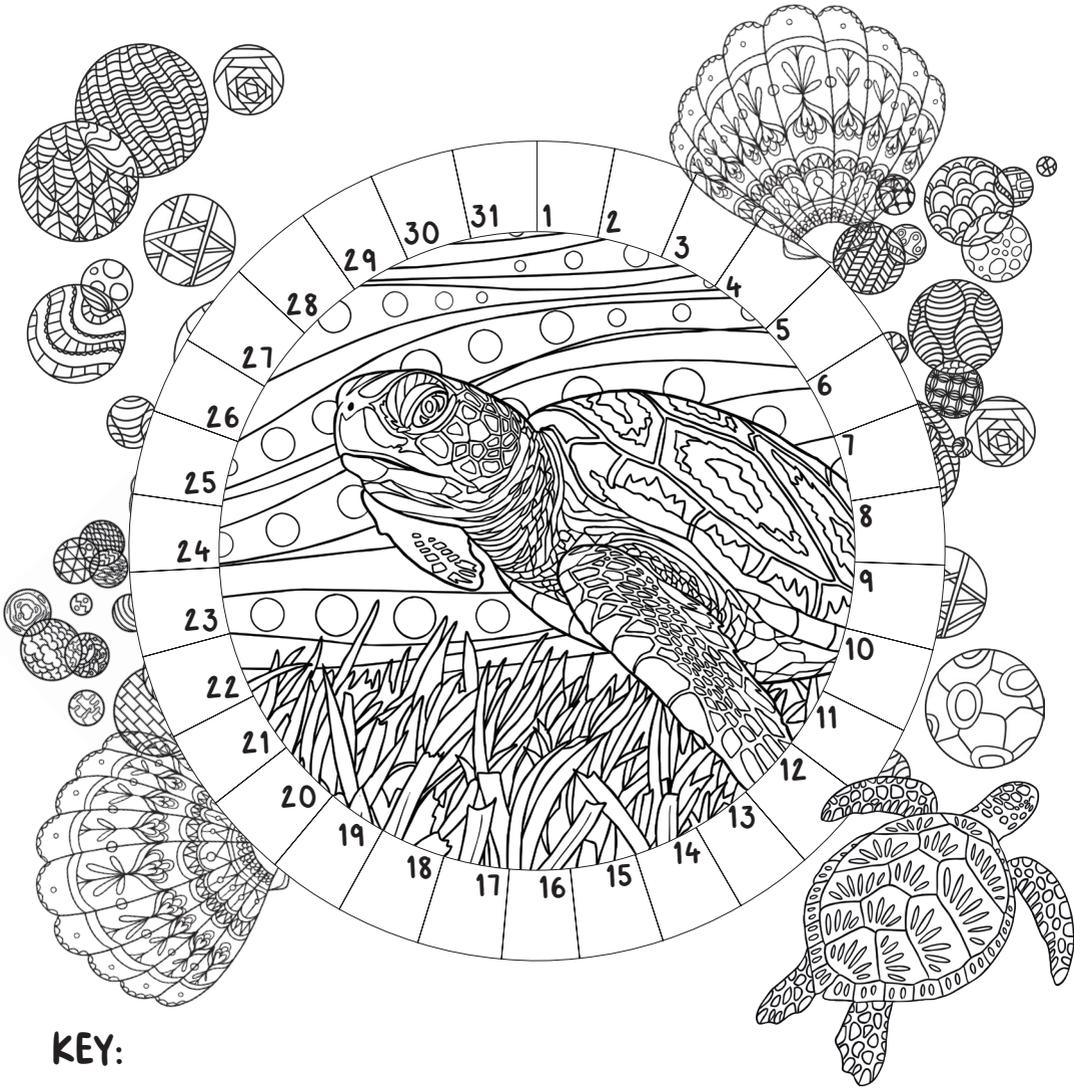
Tonights plan:



I'm grateful for:



ACTS OF KINDNESS TRACKER



KEY:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

DATE:

M T W T F S S

 Morning affirmation:

 I'm looking forward to:

 Today's goals + intentions:

 Evening affirmation:

 I'm grateful for:

DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



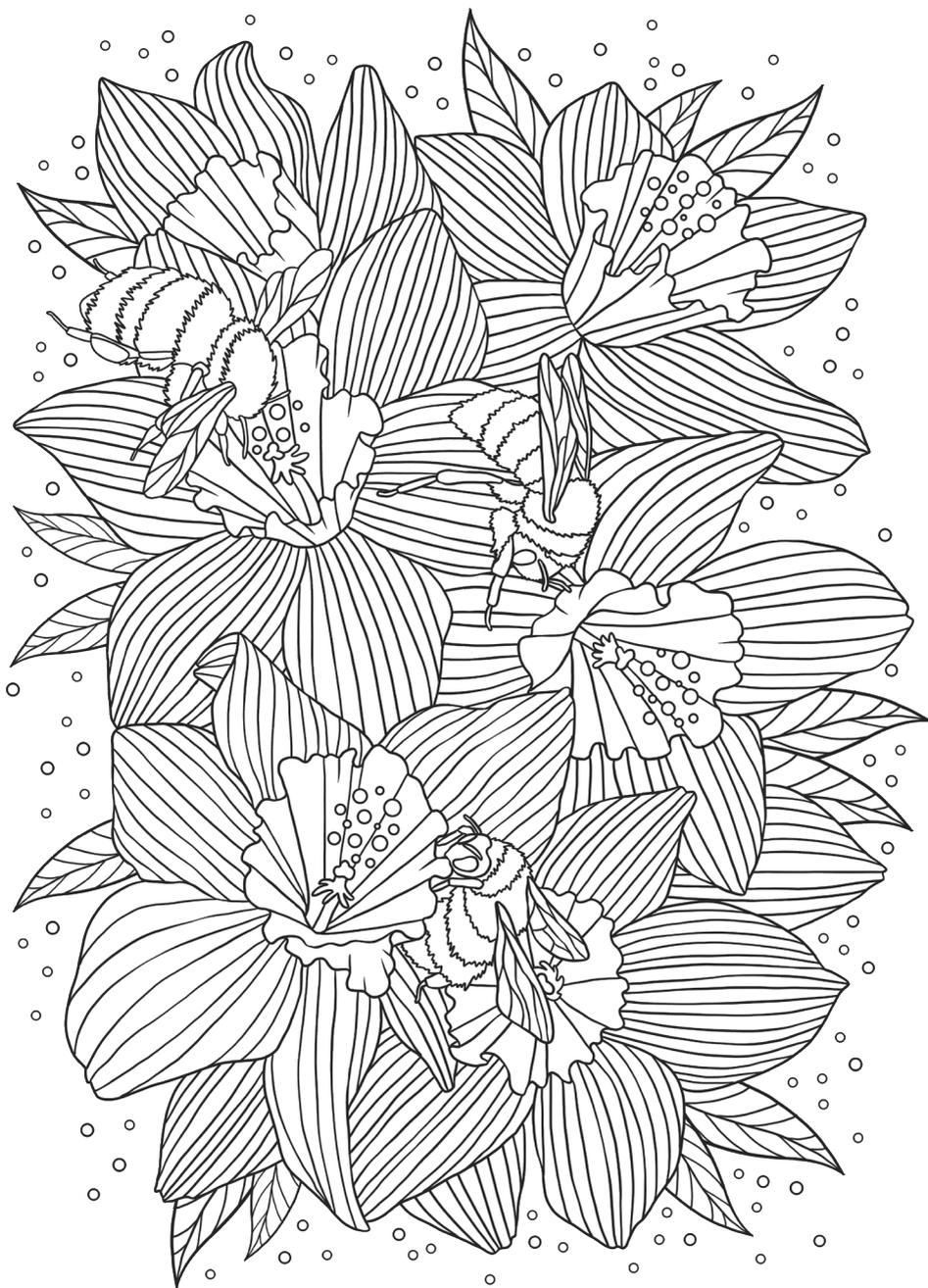
Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



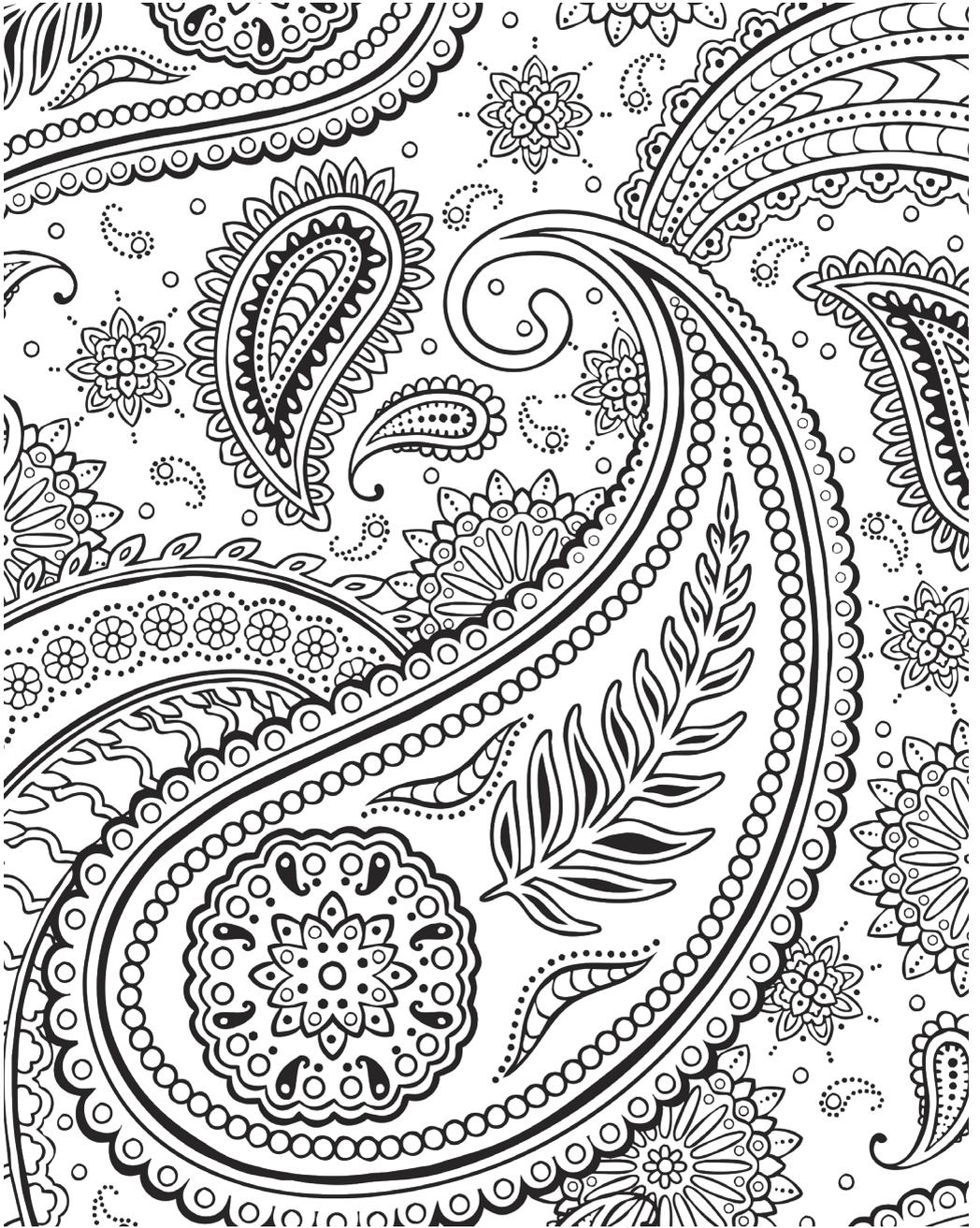
Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



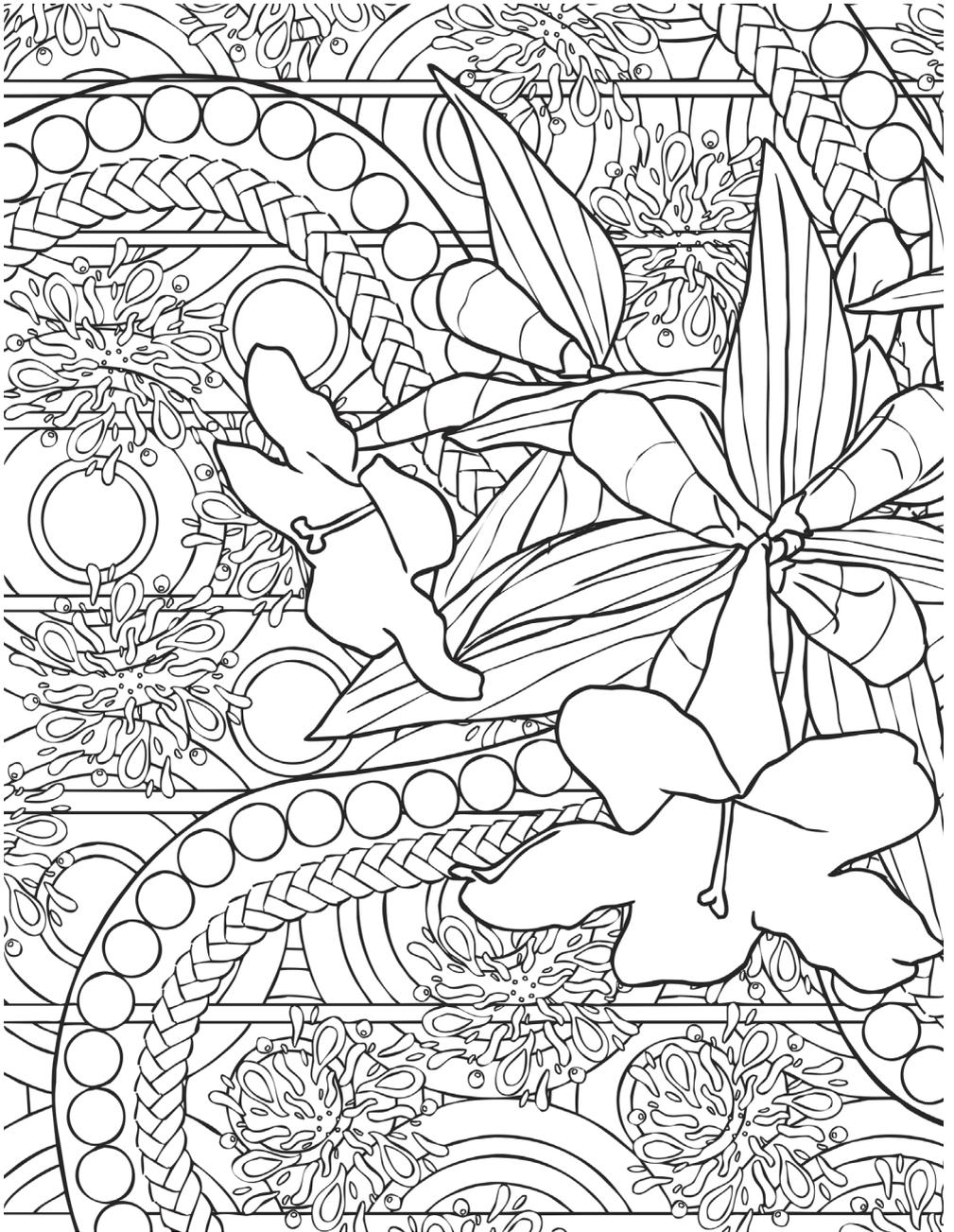
Today's goals + intentions:



Tonights plan:



I'm grateful for:



twinkl



SCAN ME



SCAN ME