

## WELCOME TO: AT HOME WITH WEAVING WELL-BEING!

Hopefully you will enjoy all of the activities in this Well-Being Journal. If you have used *Weaving Well-Being* in your school, you may have seen some of these activities before, but there are lots of new ones here for you to try! Either way, have fun using your creativity to complete this journal at home to help yourself to feel positive, strong and happy! Do them in any order that you like!



### LET'S REMIND OURSELVES WHAT WELL-BEING MEANS AND FEELS LIKE:

Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

### MY WELL-BEING ACTIVITIES

Think of all the things you enjoy doing and which help you to feel happy. Then draw two pictures of these in the frames below:

