

My wellbeing plan

I can try these activities to help support my wellbeing
(Circle your favourite three activities)



Spend time with a pet



Send a message to a friend



Try writing or journaling



Spend time outdoors



Do something to relax



Do something active



Read a book



Watch something funny



Listen to music

If you need help and support you can contact:

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



The things that I am looking forward to in my new secondary school are:



The things that I am unsure about or might need support and/or information on are:



School staff that can support me are:



Family and friends that can support me are:



Positive Affirmations

(use the blank boxes below to write your own affirmations)

I am
important

It is OK to
make
mistakes

Though times
may be
difficult, they
can get better

I will ask for
help if I need it

