



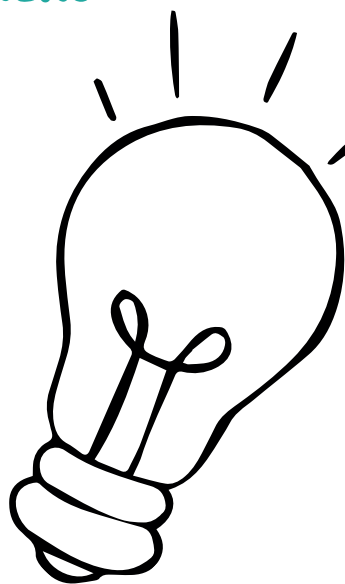
☆ ☆

BRAIN BREAK JOURNAL

☆ ☆

☆ ☆

OLDER LEARNERS



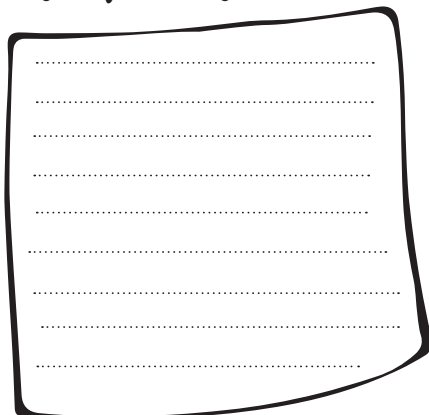


OLDER LEARNERS BRAIN BREAK JOURNAL

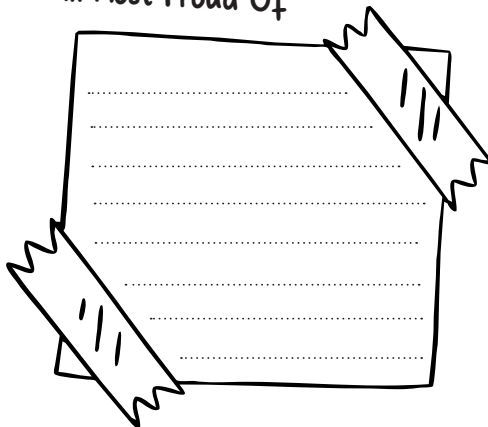
a journal to fill in at your own pace,
to help you break away during a busy
day. with plenty of mindfulness tasks +
colouring, there's lots to do to have a
brain break! grab a coffee + take five.


this journal belongs to:

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



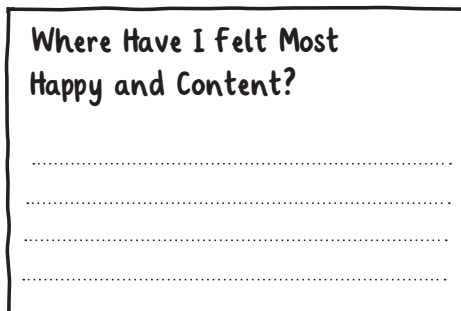
I Am Most Proud Of



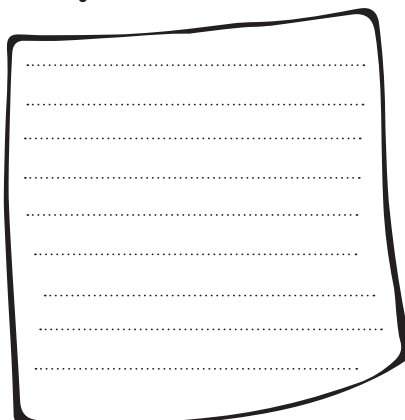
Something I Am Looking
Forward To 



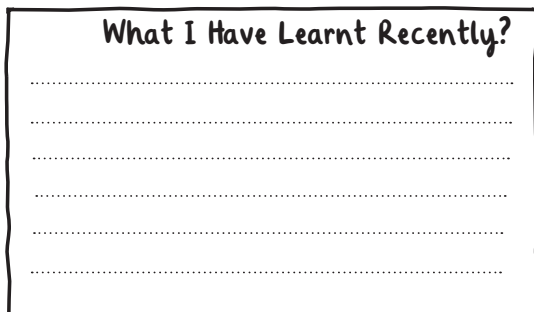
Where Have I Felt Most
Happy and Content?



Things I Have Overcome



What I Have Learnt Recently?



DATE:



Quote of the day:



I'm thinking about:



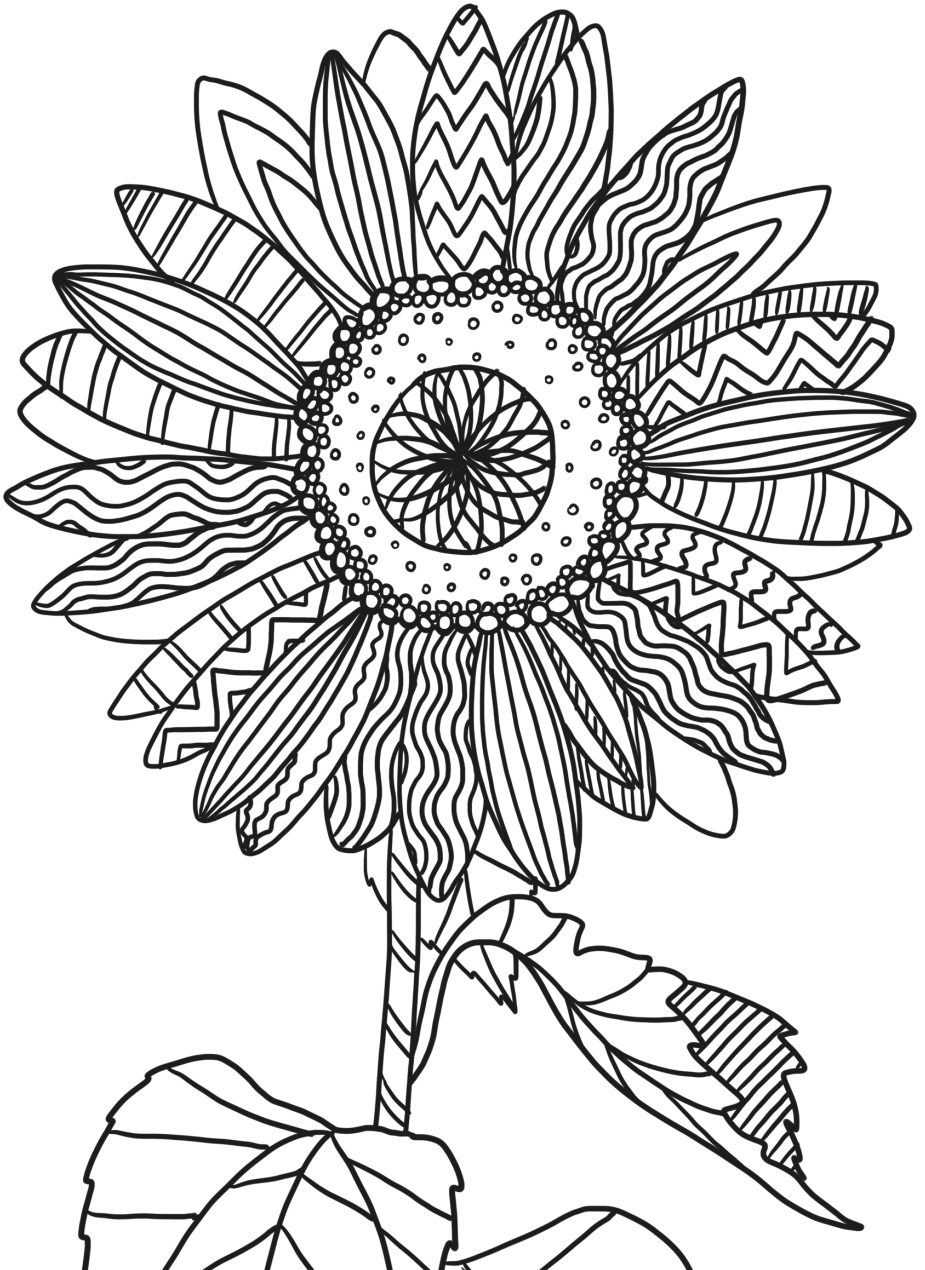
Today's goals + intentions:



Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



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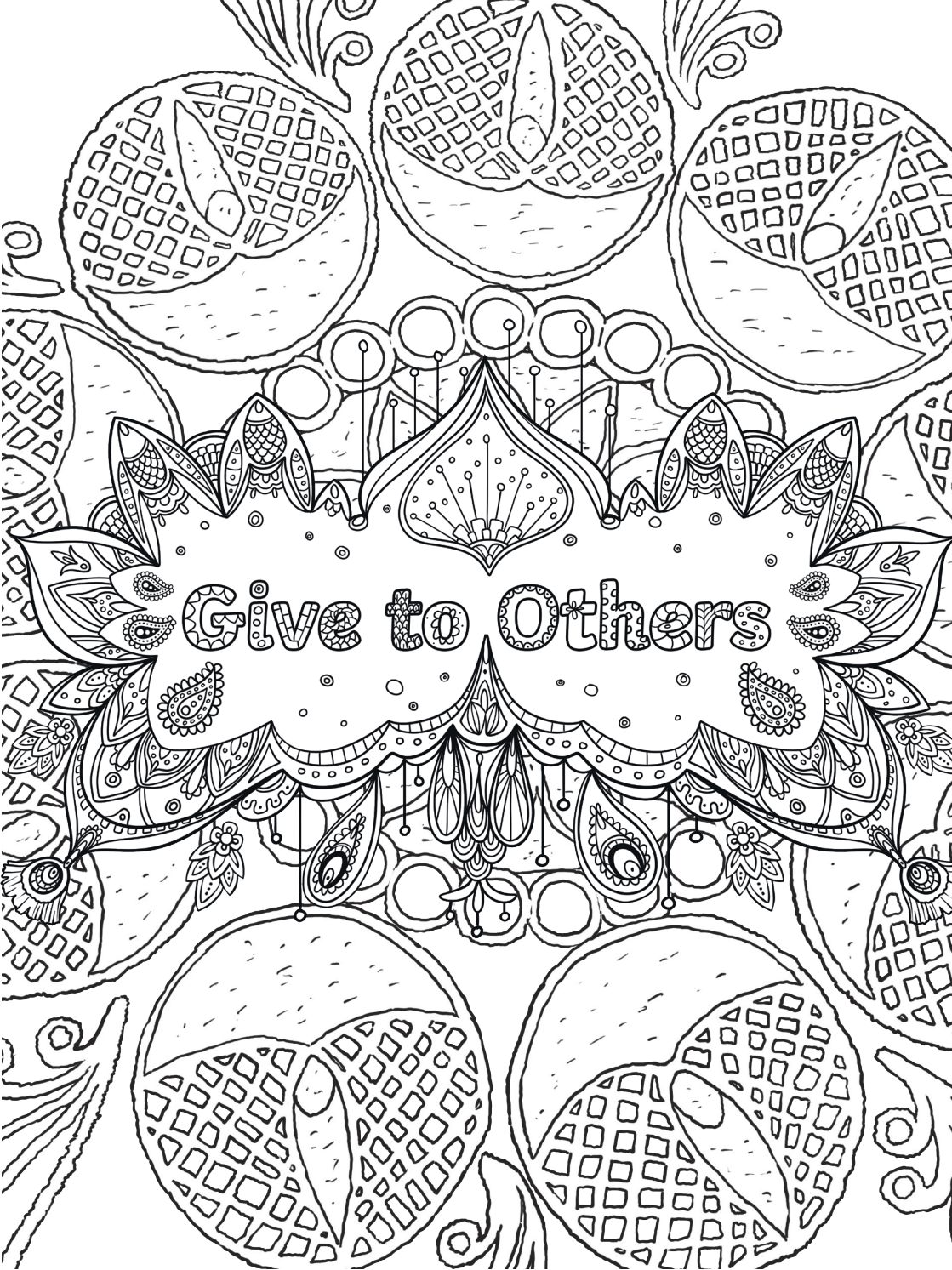
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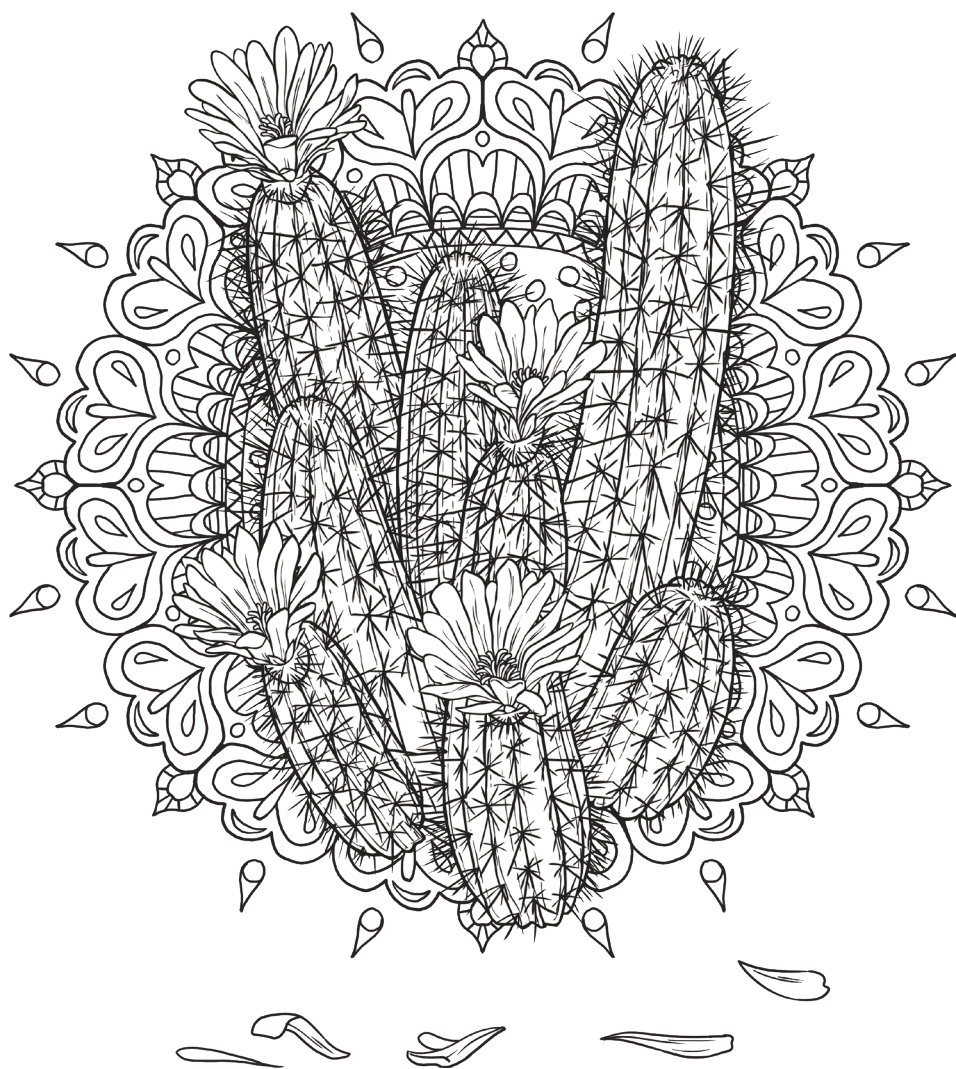
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Wellbeing Checklist

☐

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:



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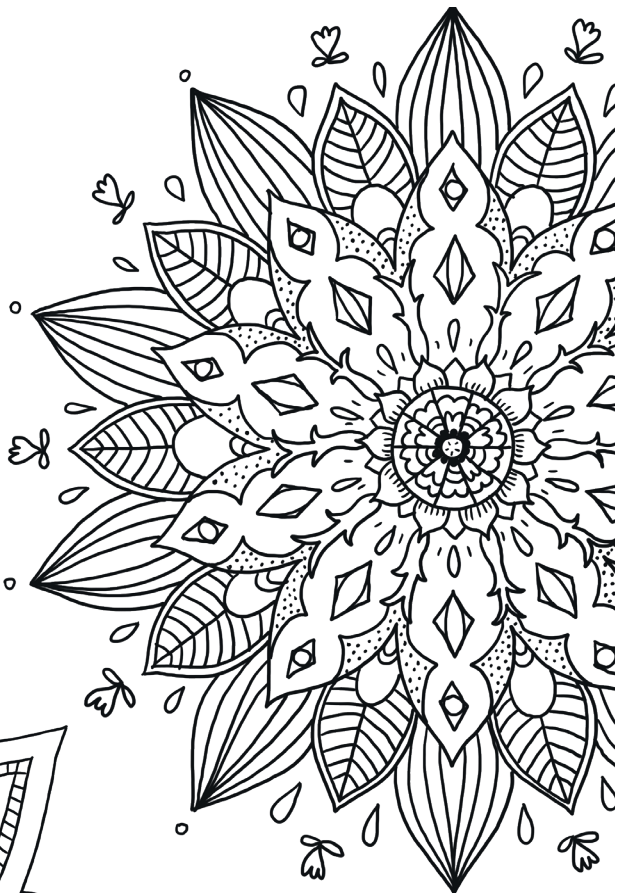
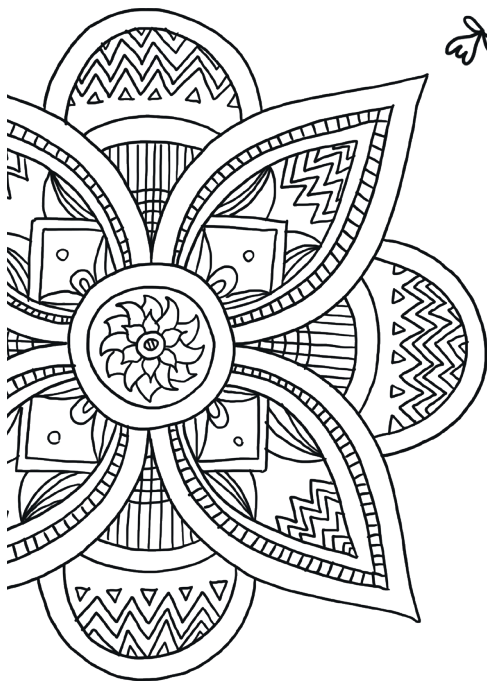
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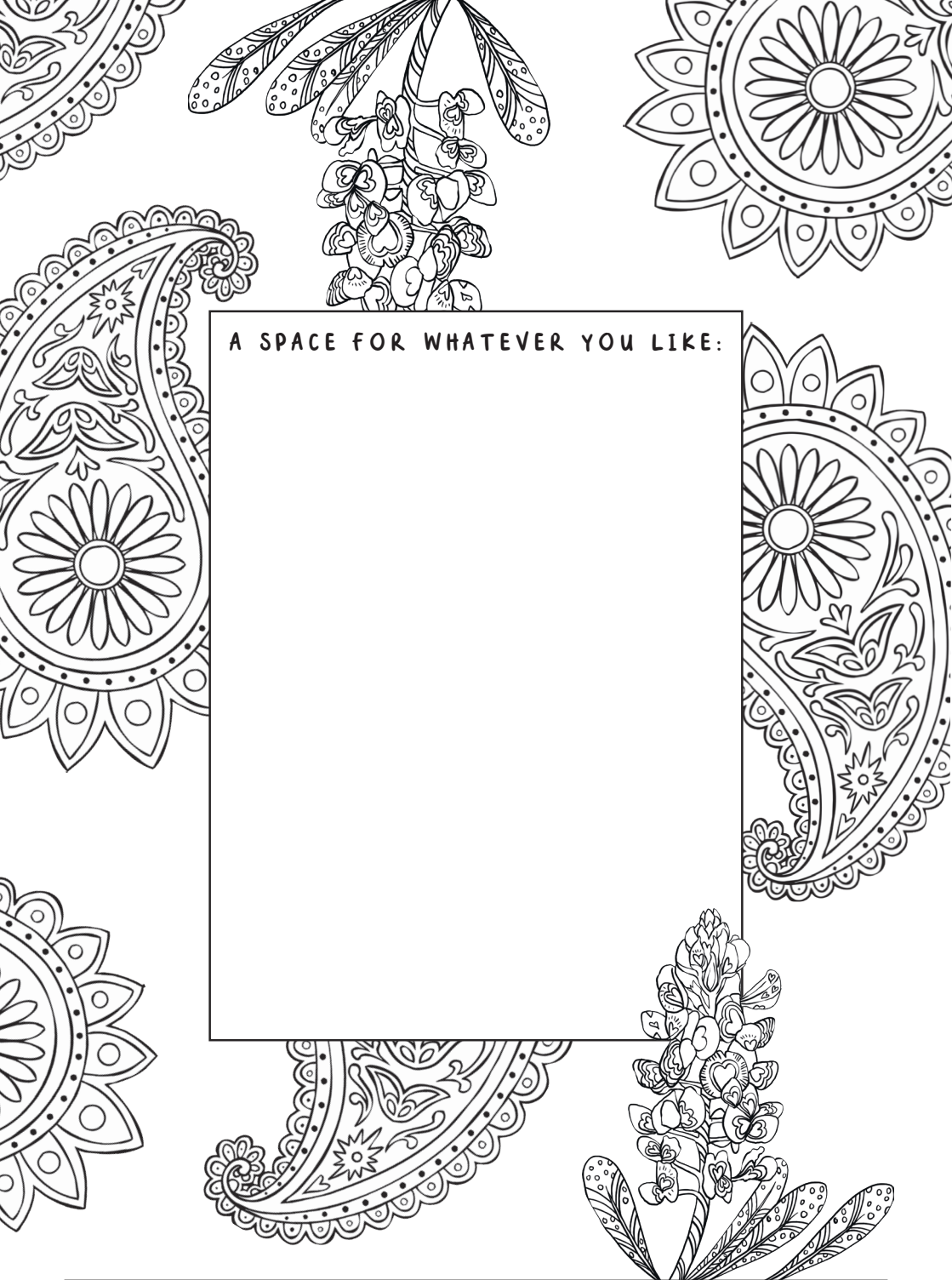


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Quote of the day:



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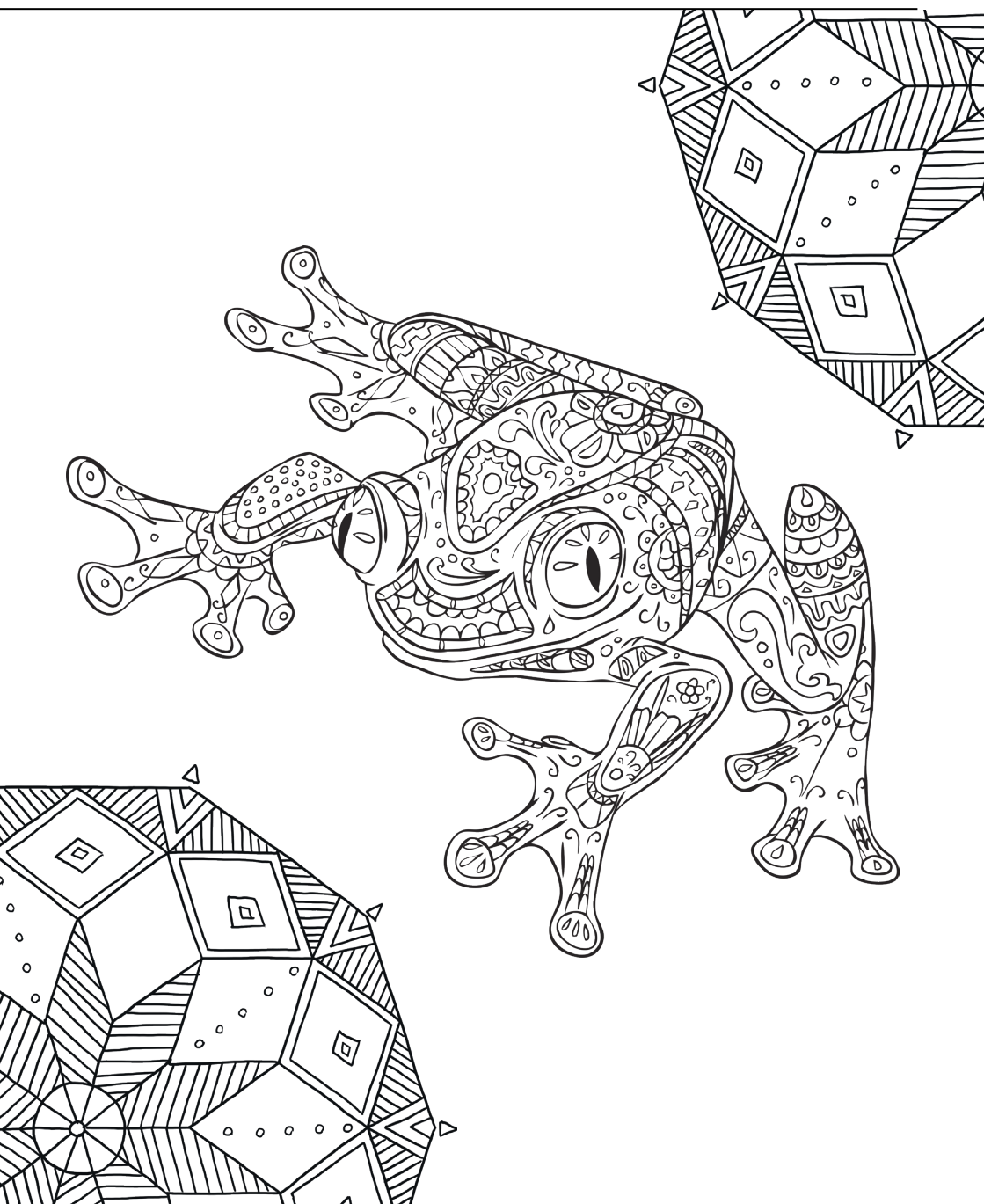
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Today's goals + intentions:



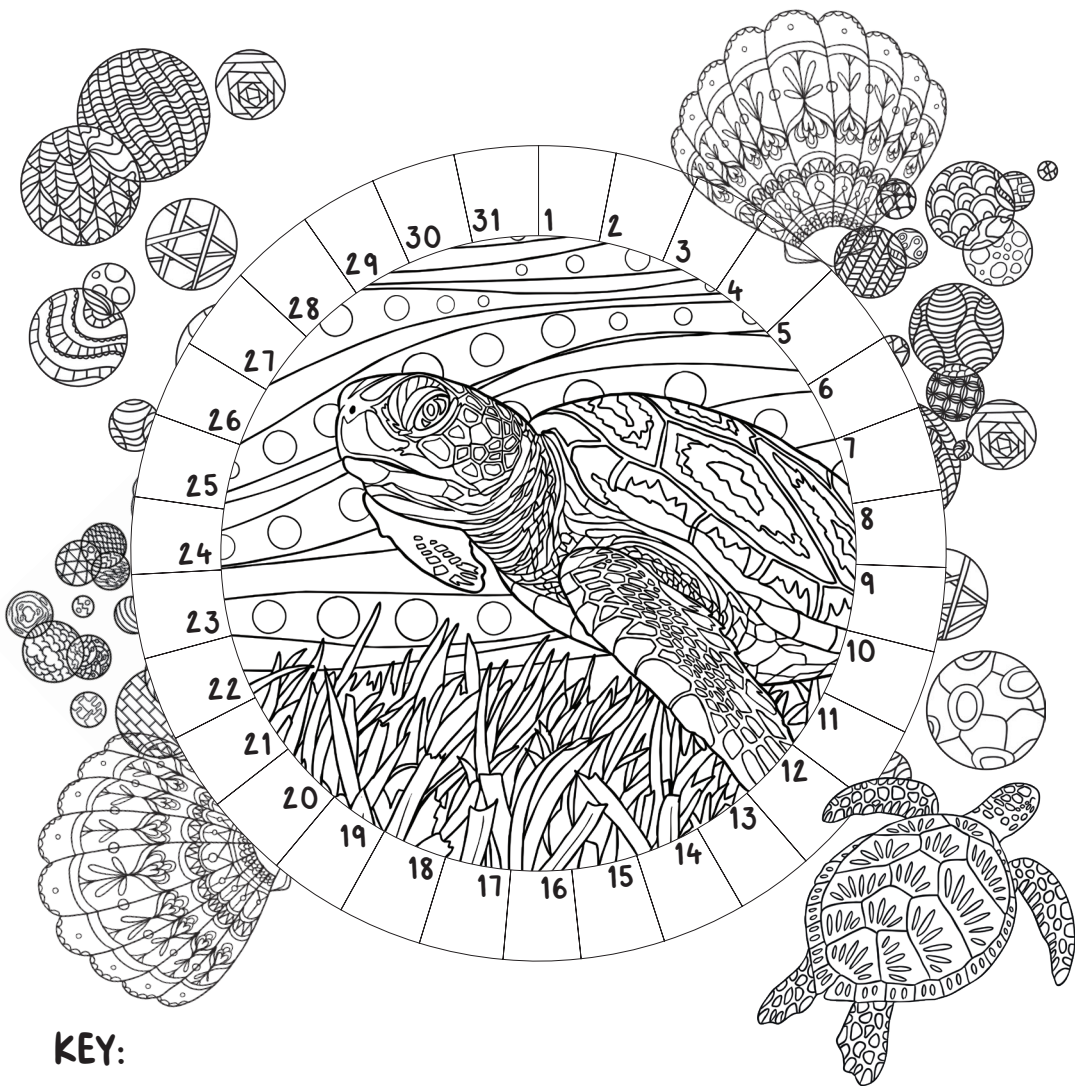
Tonights plan:



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:



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Tonights plan:



I'm grateful for:



DATE:



Quote of the day:



I'm thinking about:



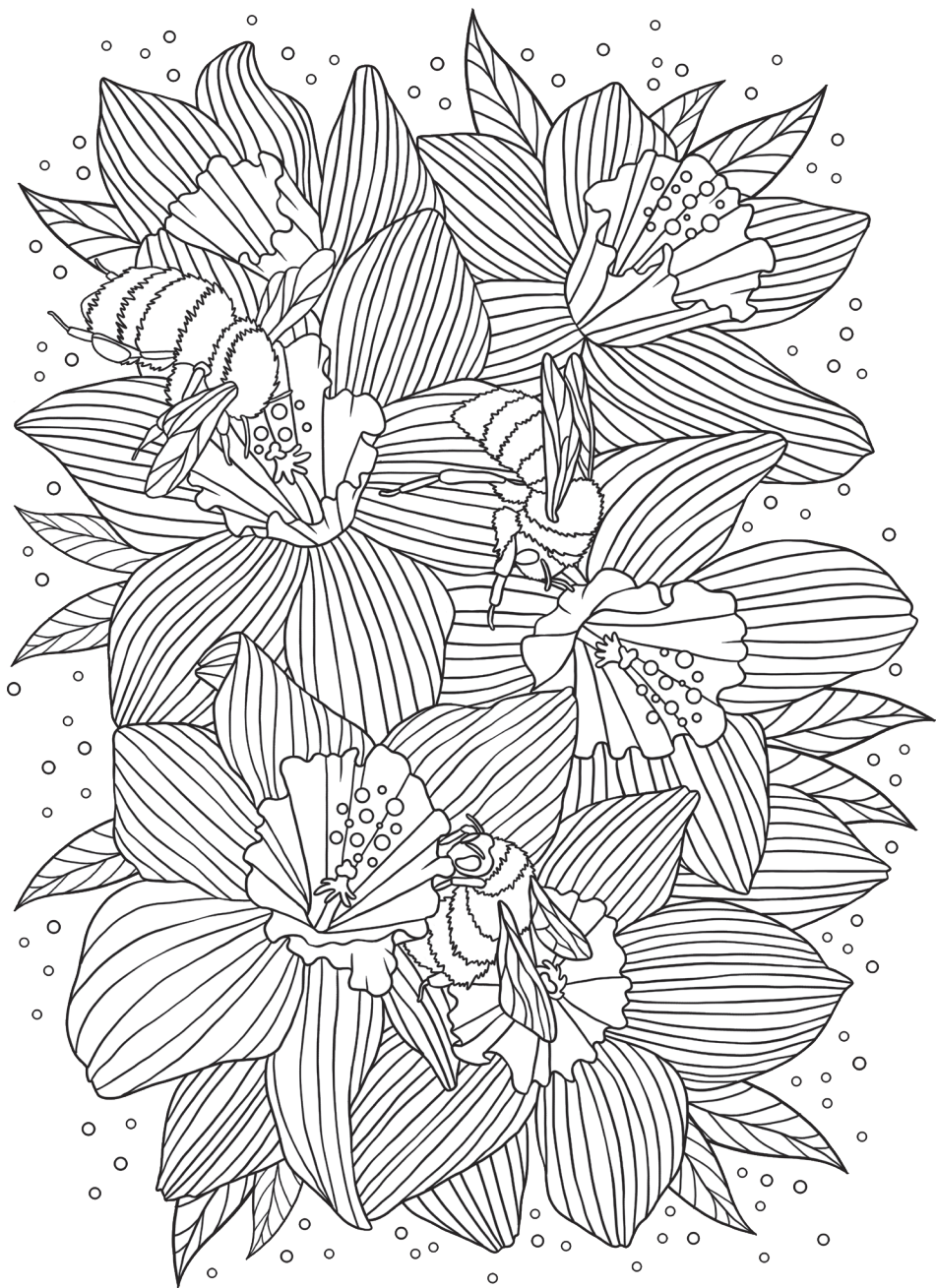
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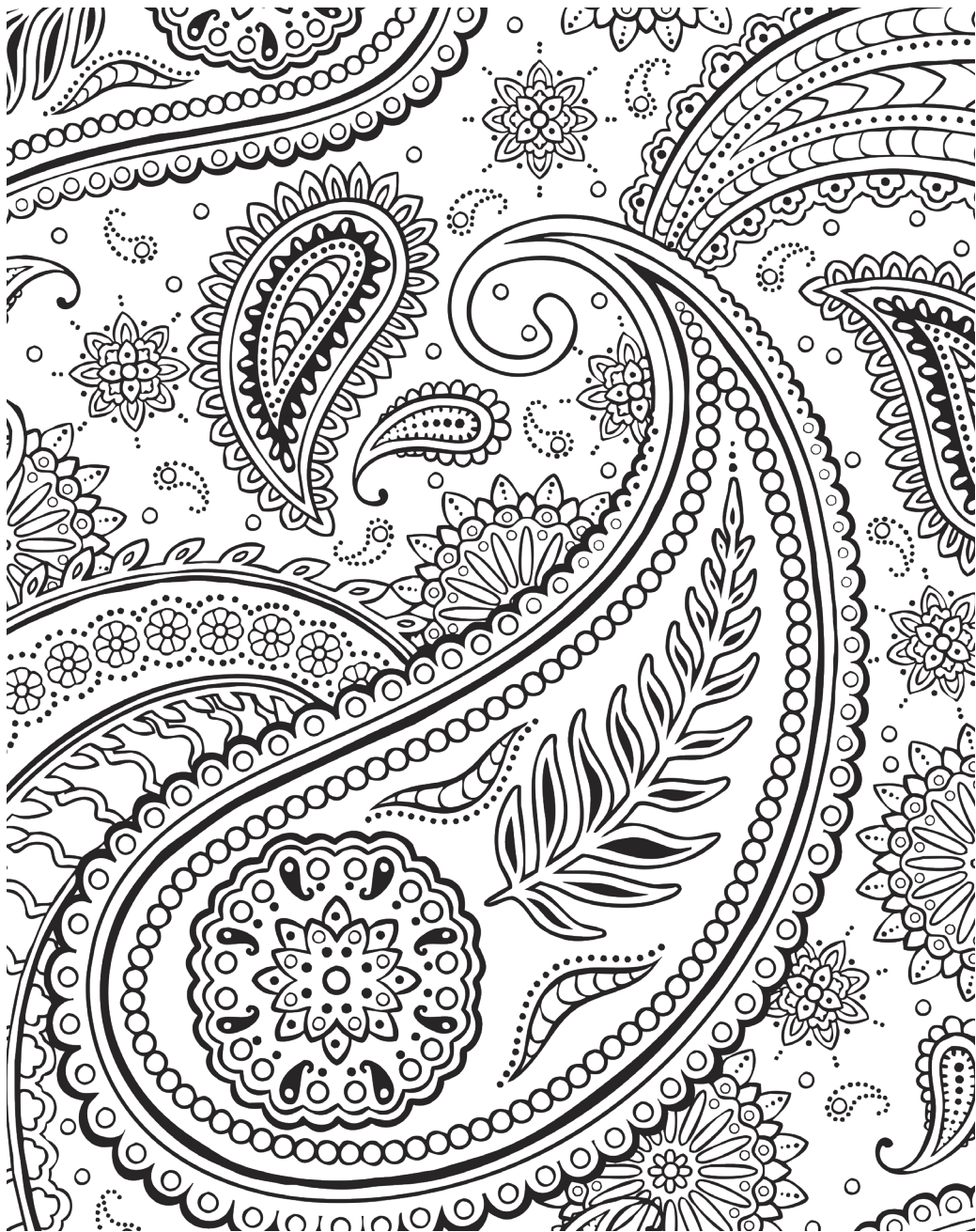
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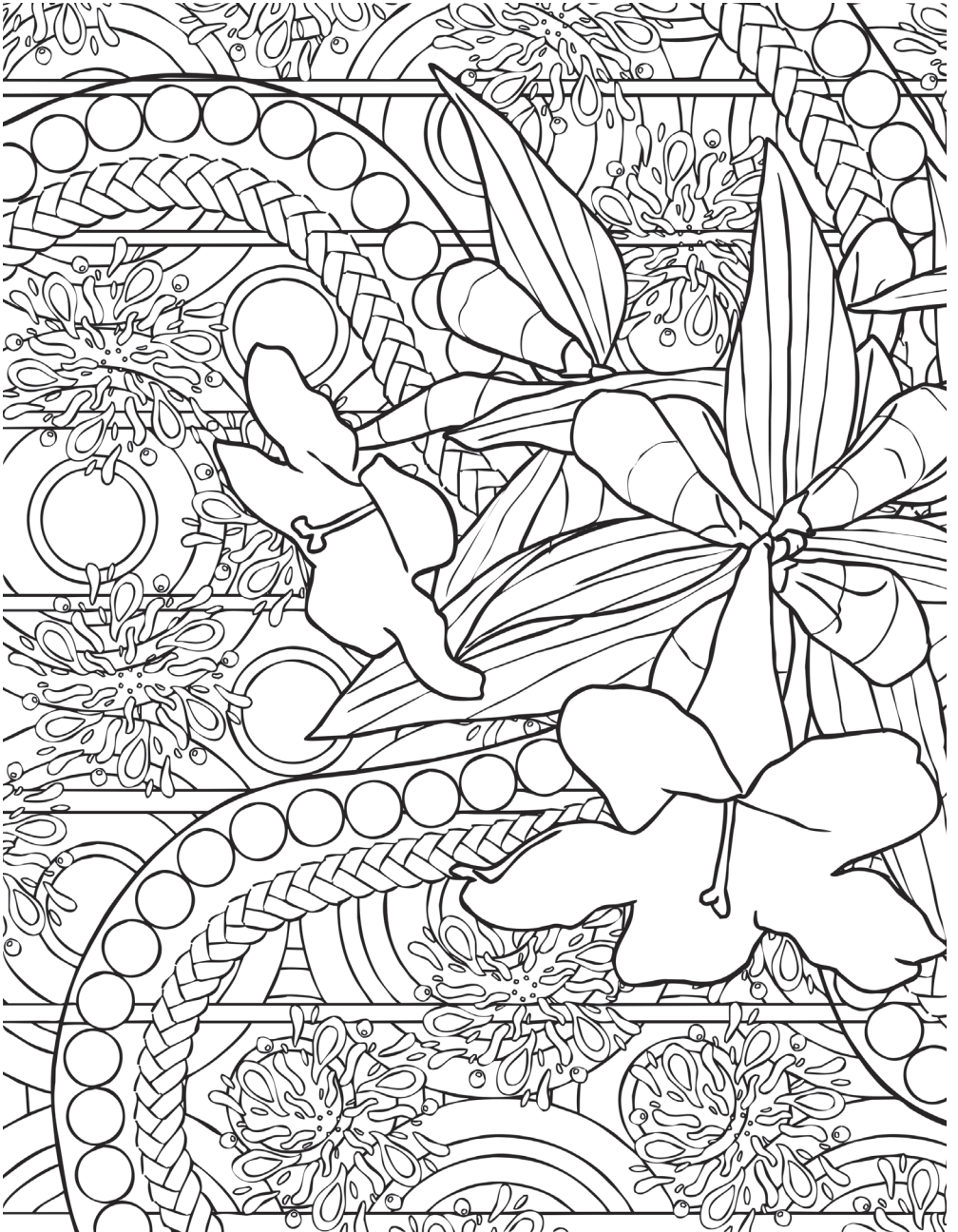
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Tonights plan:



I'm grateful for:



twinkl



SCAN ME



SCAN ME