



My goals and achievements workbook

Name.....





Welcome!



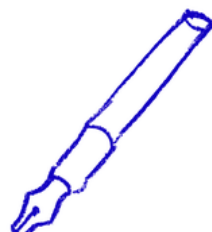
Lancashire Mind have created this booklet of activities and useful information to help you settle back into school life after being away over the summer holidays.

The tools included in this workbook are designed to help you set goals and feel proud of what you have already achieved.

It is completely up to you how you use it, you may find all or just a couple of the activities useful. You may even use the booklet to develop some new skills and learn new things about yourself.

If you do find you need some more support with your wellbeing, check out the organisations and apps listed on page 24

We hope you find it useful and makes settling back into school that little bit easier- take care and enjoy!





Emoji check in/out



Use these emojis below to help monitor how you're feeling throughout the day. You can be a mixture of emojis and they can change depending on what you do. Use the strategies and techniques in this booklet to help boost your emoji if needed. Remember it is ok to feel however you're feeling, just acknowledge it and if you feel comfortable talk to someone about how you're feeling.





All about me!



What I want my teacher to know about me.

Things I love/means the most to me.

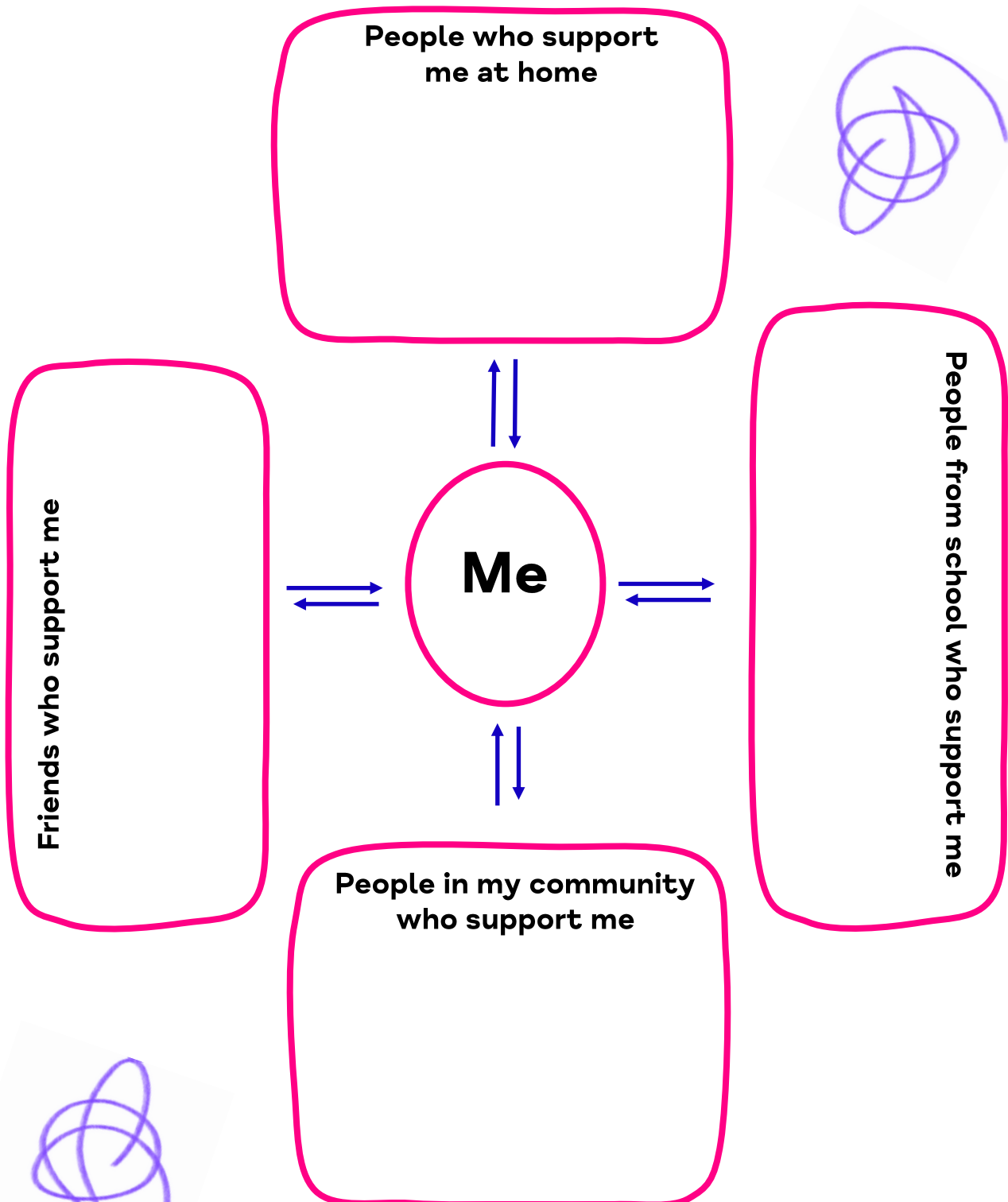
Things I find challenging/struggle with.

Ways you can help me when I feel overwhelmed.

What I want to achieve this week.

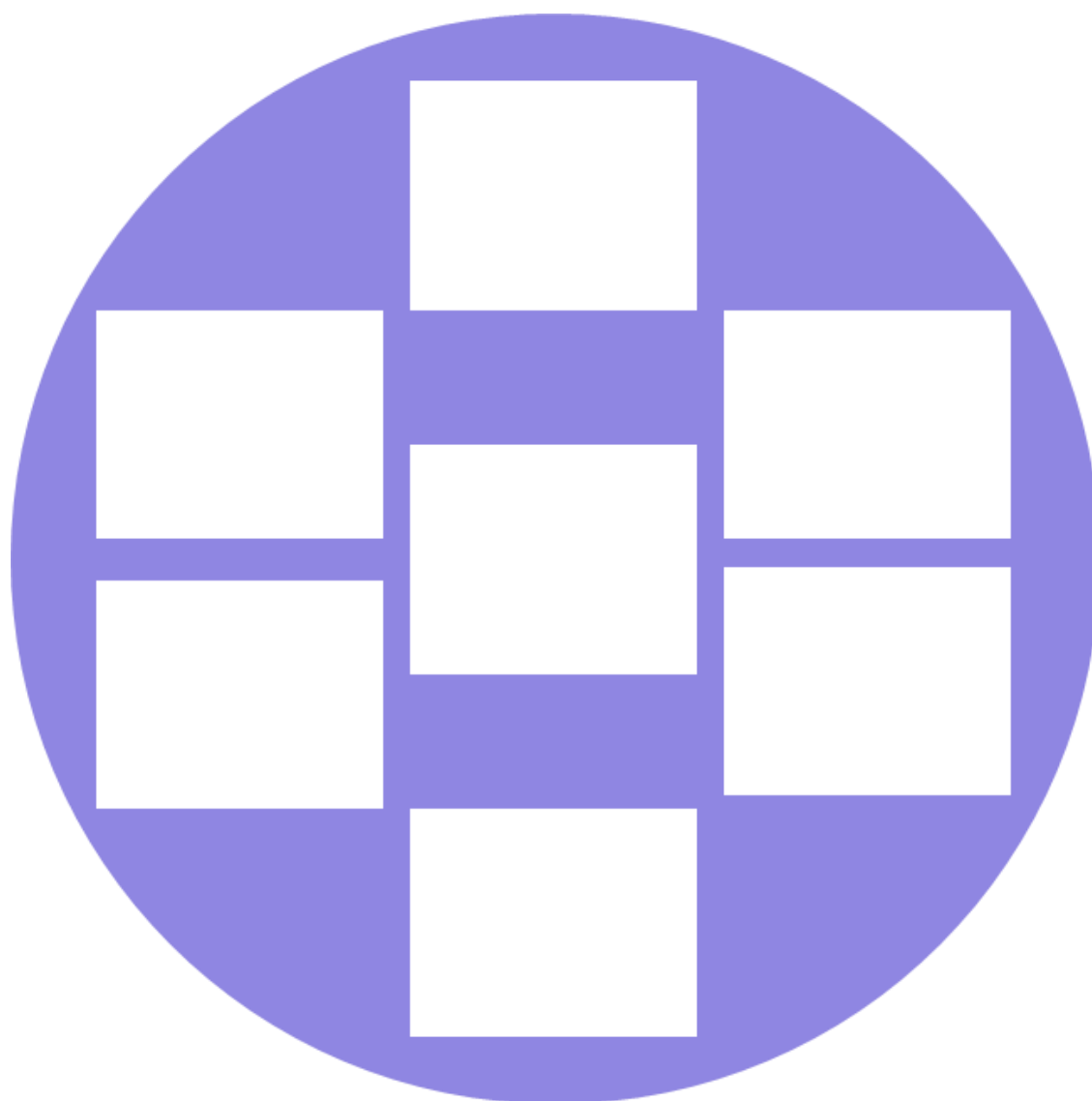
People who help me.

This page will help you and your teachers know who supports you when you feel you're having a tricky time. It is good to sit and look at who helps us and it is really helpful for others to know.



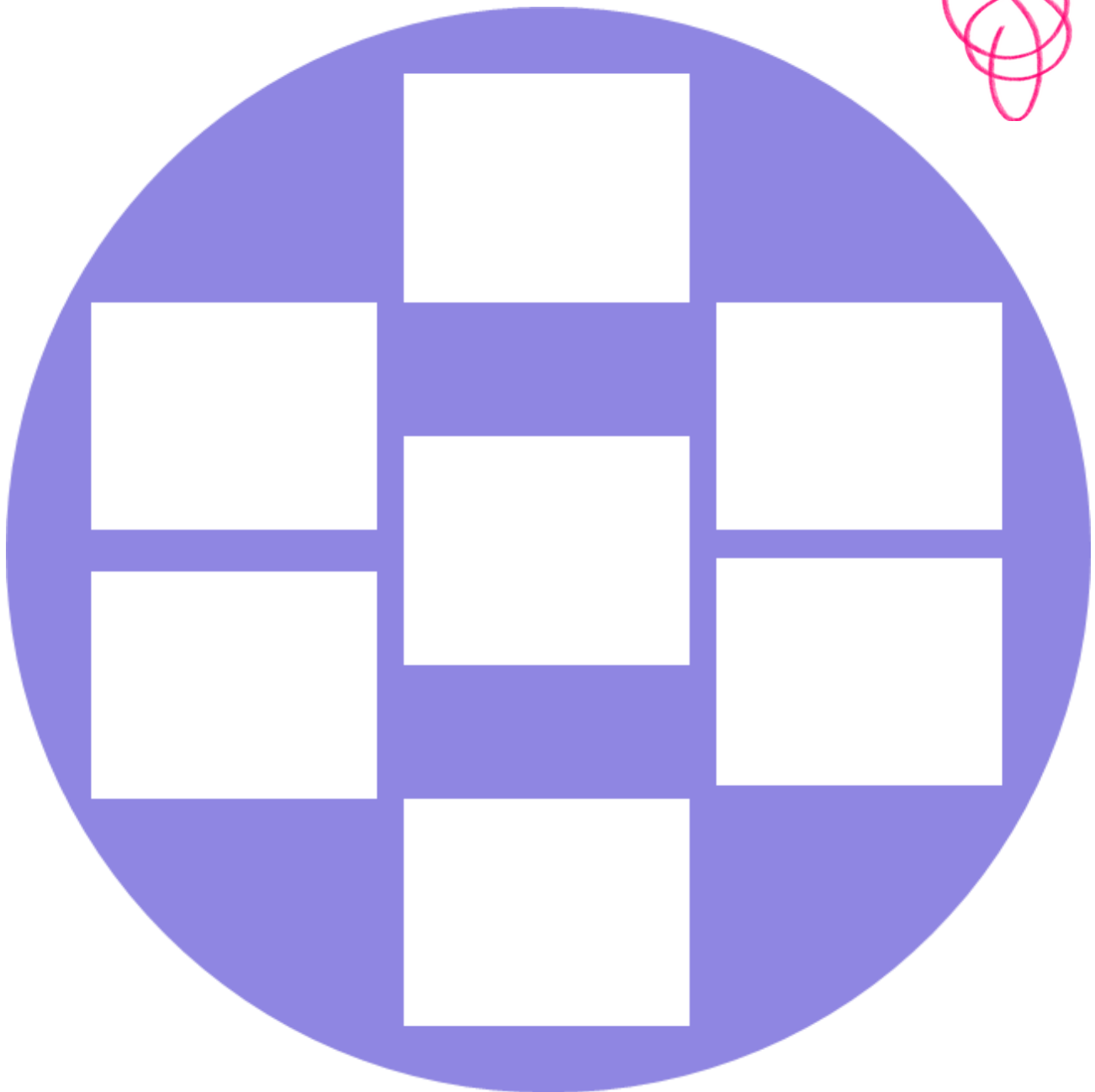
The Circles of Worry- Returning to school/ new school year.

Think about one worry at a time and decide which circle they should go into. Write that worry in a box inside the coloured circles below. Now keep adding your worries. This will help you to see what you are able to change to help you feel more positive and in control of things.



THINGS I CAN CONTROL

The Circles of Worry- Returning to school/ new school year.



THINGS I CAN'T CONTROL



Healthy Habits and Routines



Establishing healthy habits and routines are important

for overall wellbeing. They help us to cope with change; if we are going through difficult times they can reduce and help to reduce feelings of worry or stress.

Simple things we can control and change like diet, sleep and exercise, can really help us feel more calm and relaxed.

Pick something you would like to include in your day and make a plan

What do you want to do?

.....
.....

When will you do it?

.....
.....

How often will you do it?

.....

Tip: It takes 21 days to form a new habit or routine, so stick with it !





Sharing Stories



We have all just been on summer holiday, think about something you achieved when you were off school and how it made you feel. Use this template to interview a friend and share your achievements.



Name.....

What did you achieve over the summer– share something you are really proud of.

.....
.....
.....

Did you over come a challenge whilst being off school? If so, what was it?

.....
.....
.....

How did you feel about returning to school and meeting your new teacher/s?

.....
.....
.....



Sharing Stories continued



What are you most looking forward to over the next few weeks at school?

.....
.....
.....

What would you like to achieve over the next half term at school?

.....
.....
.....

What do you enjoy doing for yourself?

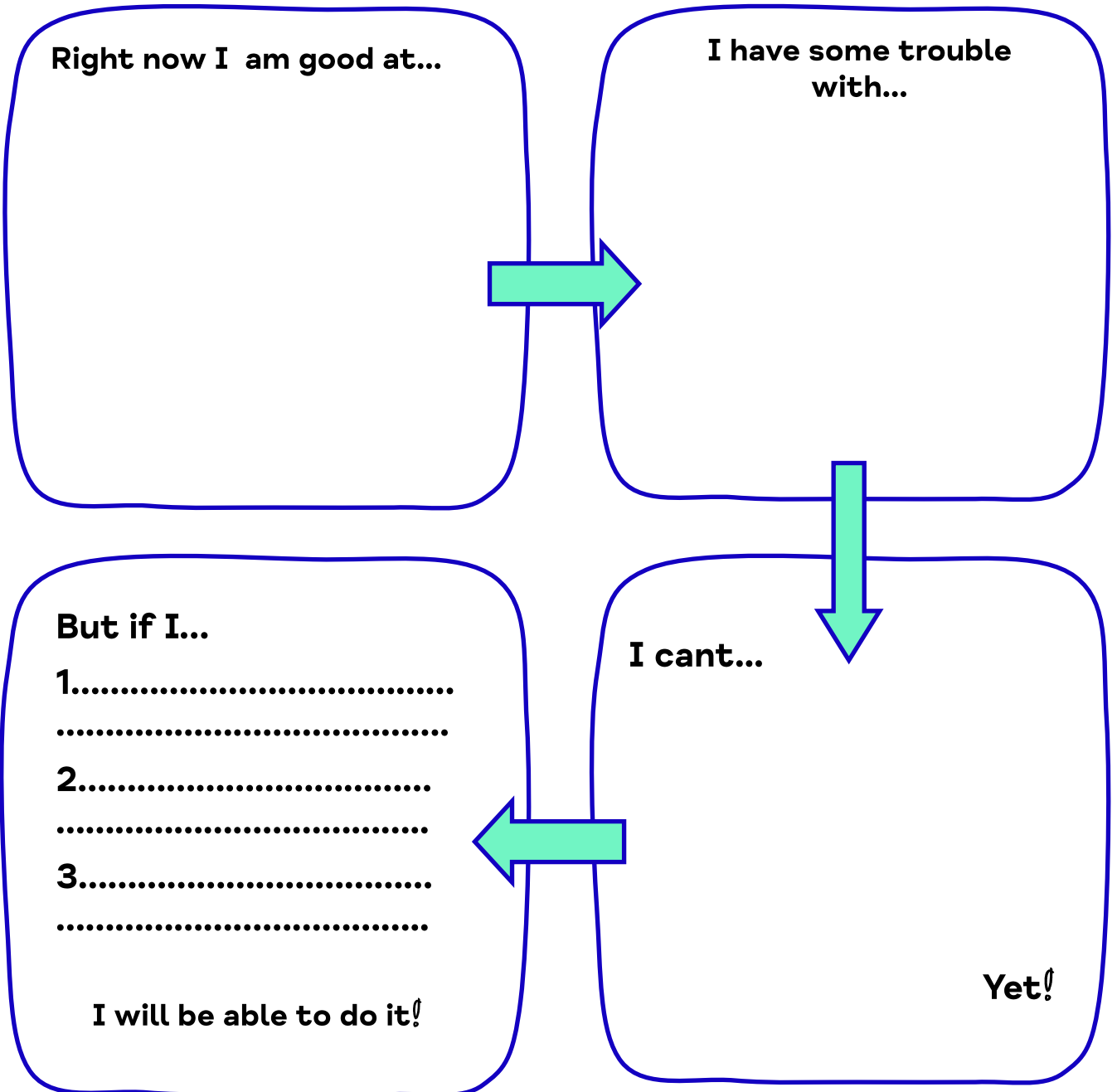
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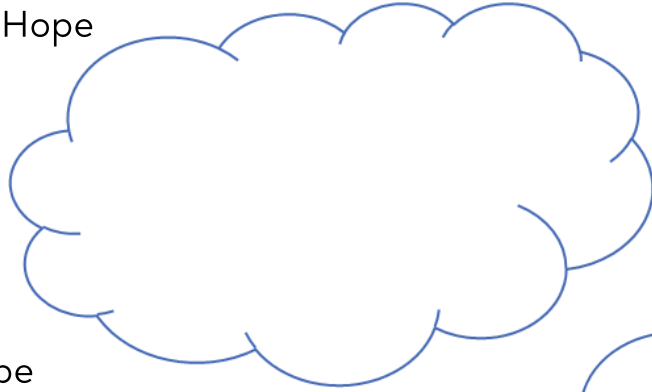
Growth map

Use this chart to think about skills you want to develop, and how you are going to get there!

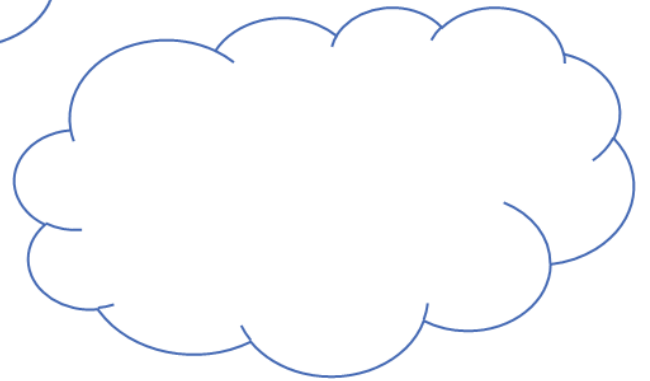


Hopes and Goals

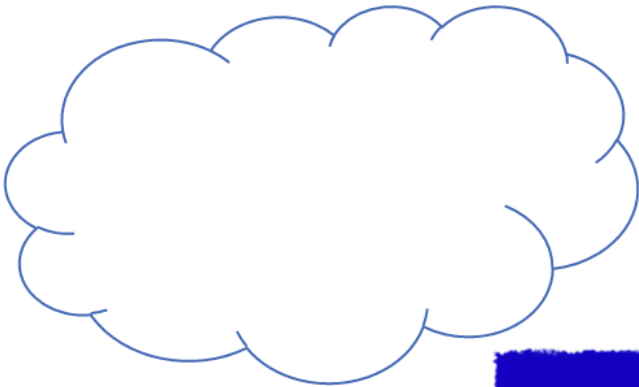
Hope



Goal

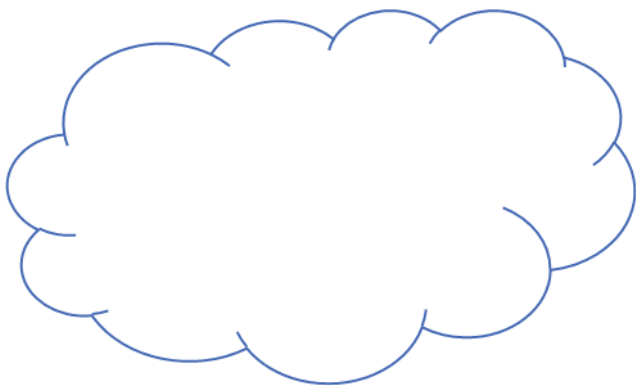


Hope

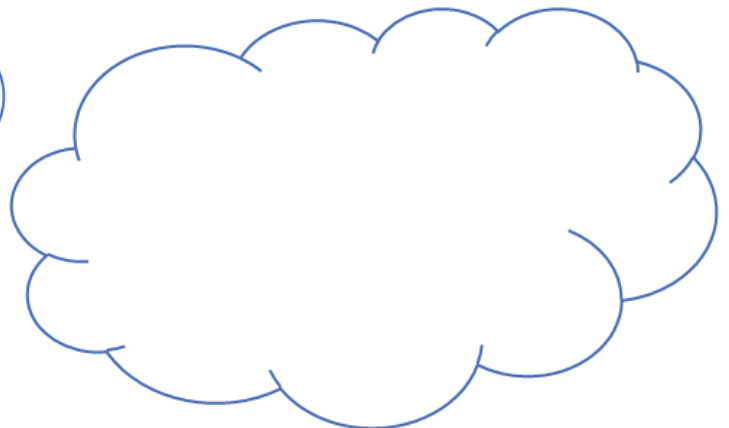


Think about some of your hopes for your new year in school. What would you like to achieve? What would you like to learn? Do you want to challenge yourself?

Goal



Hope



What's your goal?

Think about what your end goal for the year is or even the first term. Now break it down into achievable pieces using this guide to help you get there!

Your goal!

Wish_____

Outcome_____

Obstacles_____

Plan_____

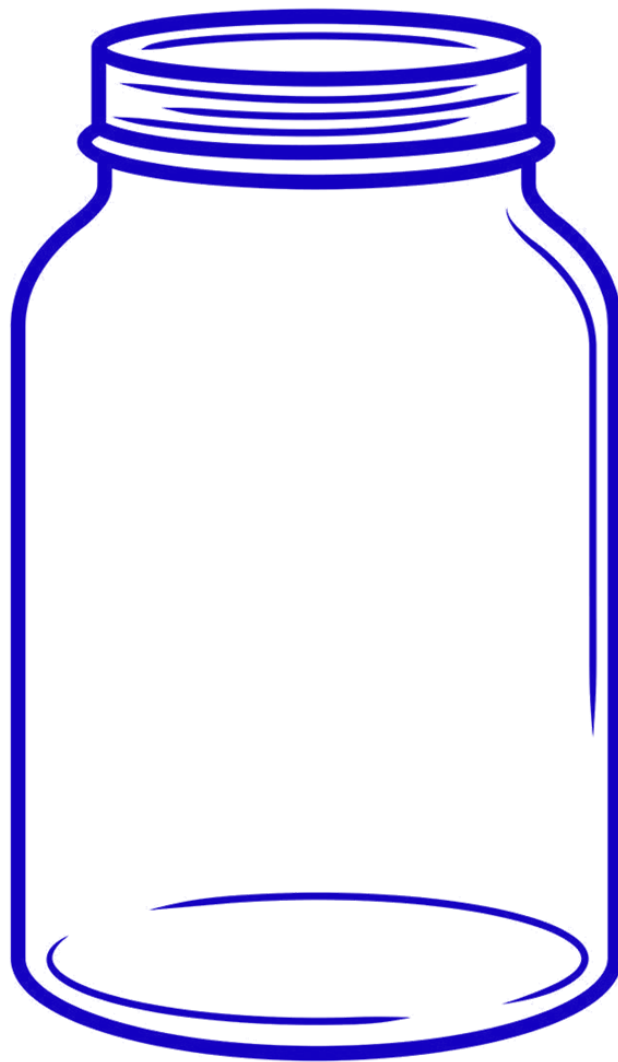
If.....then I will

Obstacles

Action to overcome
obstacle

My future jar

Fill this jar (or a real jar!) with things you want to do or achieve over the next term in school. This is a really good way of showing your teacher and yourself your goals. When we write them down we are more likely to accomplish them.



You could also add things you enjoy and want to do again. You can use post it notes or just little pieces of card to write your ideas down and place in your jar. You can also decorate your jar with sharpies.



Compliments and encouragements



Paying someone a compliment, or telling them why you appreciate them is a great way to spread positivity. Write something kind about someone and share with those who may need a boost.

Dear

You are amazing because

Dear

You are amazing because

Dear

You are amazing because

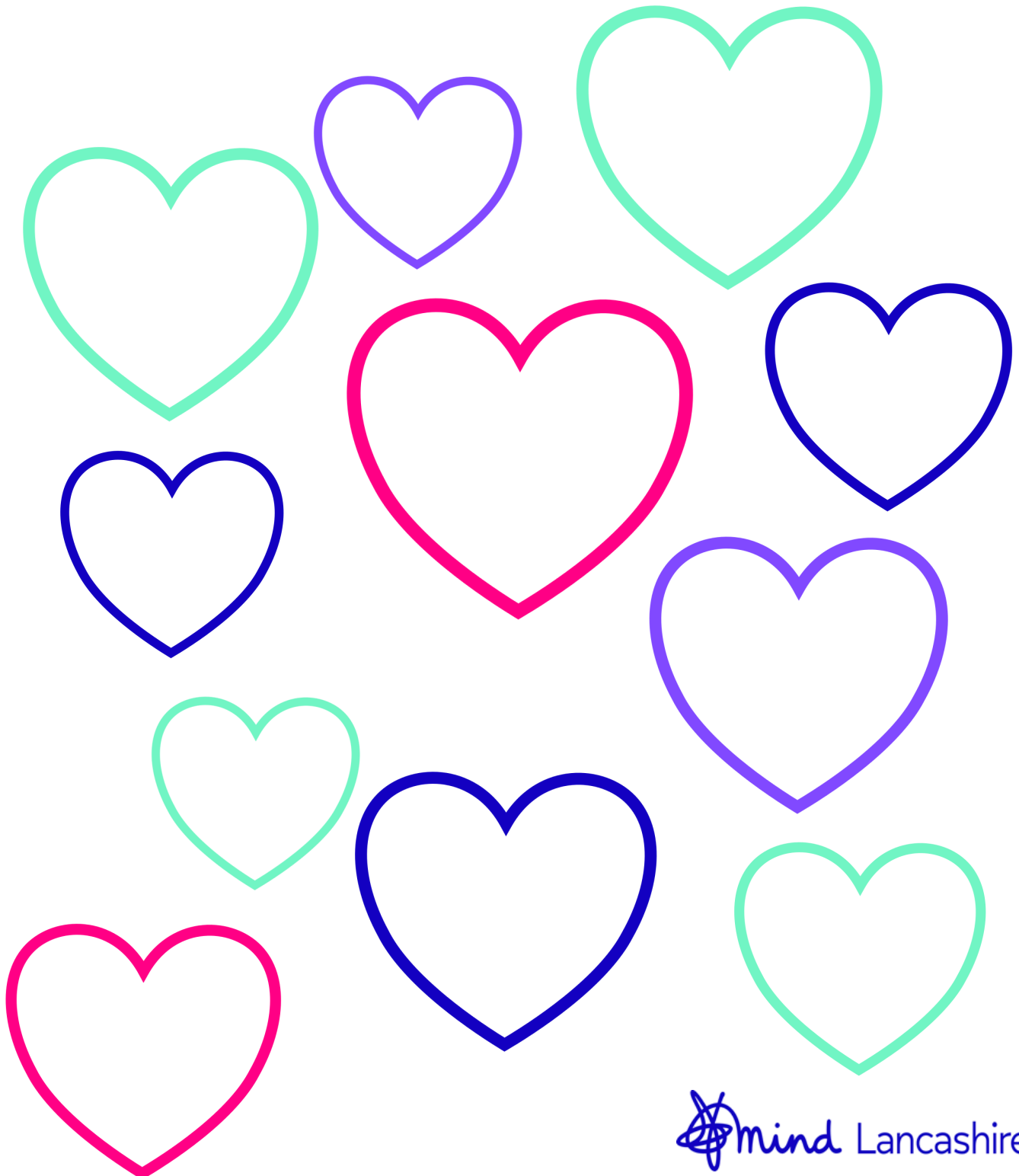
Dear

You are amazing because



How to be kind to yourself

To help boost your confidence try filling out the love hearts with things that you have achieved over the holidays or even in the last year. Think about why these are positive and how that then leads to loving yourself. This will help boost your confidence and start you off on the right foot for September.

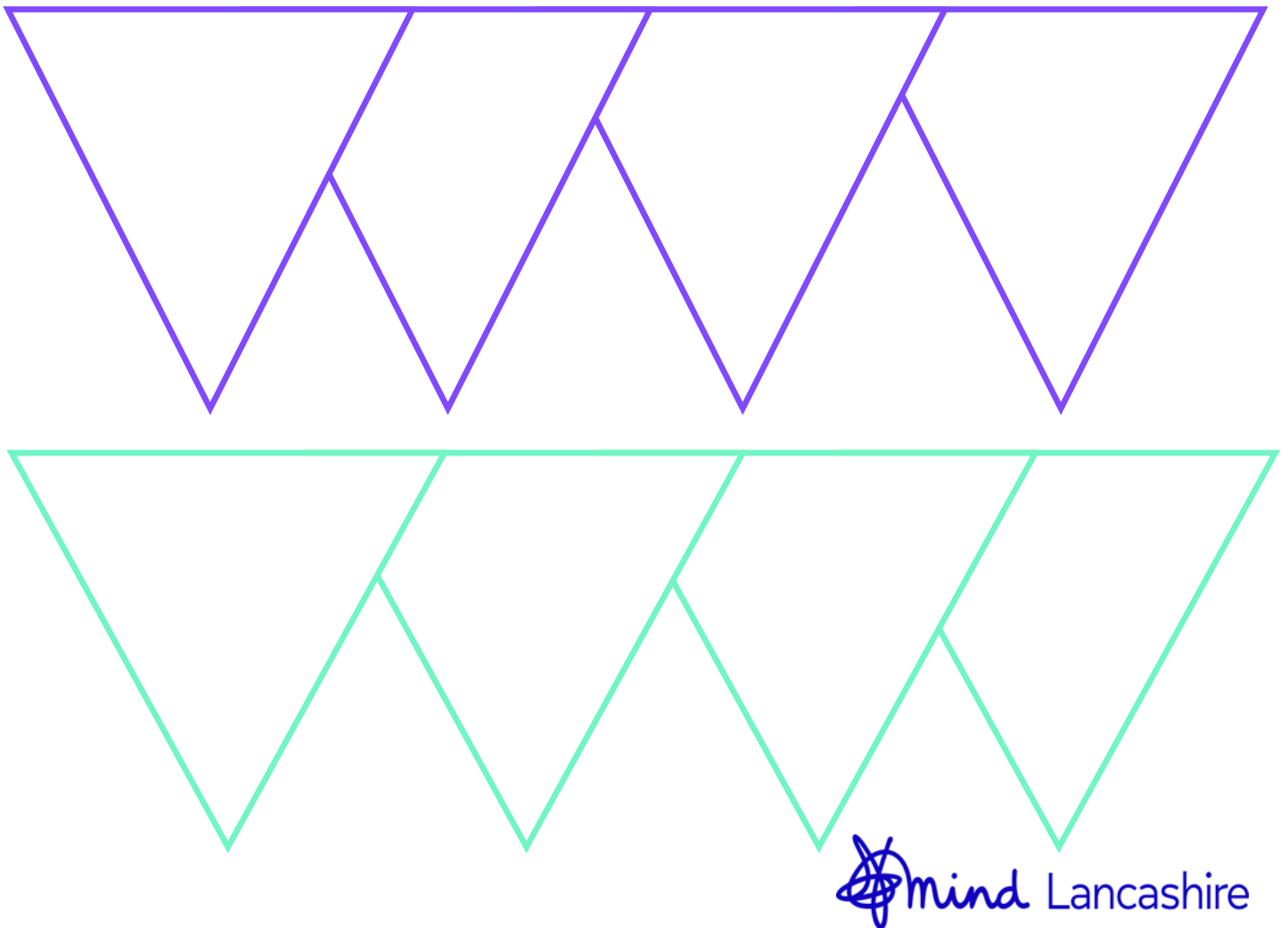


Bunting

Create your own bunting - this is a great activity to do and put up around your home. You could draw zen tangle (lots of patterns) inside or you could write positive words and emotions.

You could even decorate the inside with all the new things you have learnt whilst you have been at home over the summer Holidays or things you are excited to learn about this term.

Either use plain card or different colours and cut out triangles and then attach onto string. Enjoy and have fun, get creative!





Hunt the good stuff!



Use 'hunt the good stuff' to note down three good things that have happened each day on your first week back at school. It doesn't matter how big or small they are!

<p>E.g. I spoke to someone new in my class.</p> <p>I kept myself organised for all my lessons</p> <p>I put my hand up to answer a question.</p>	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	Sunday

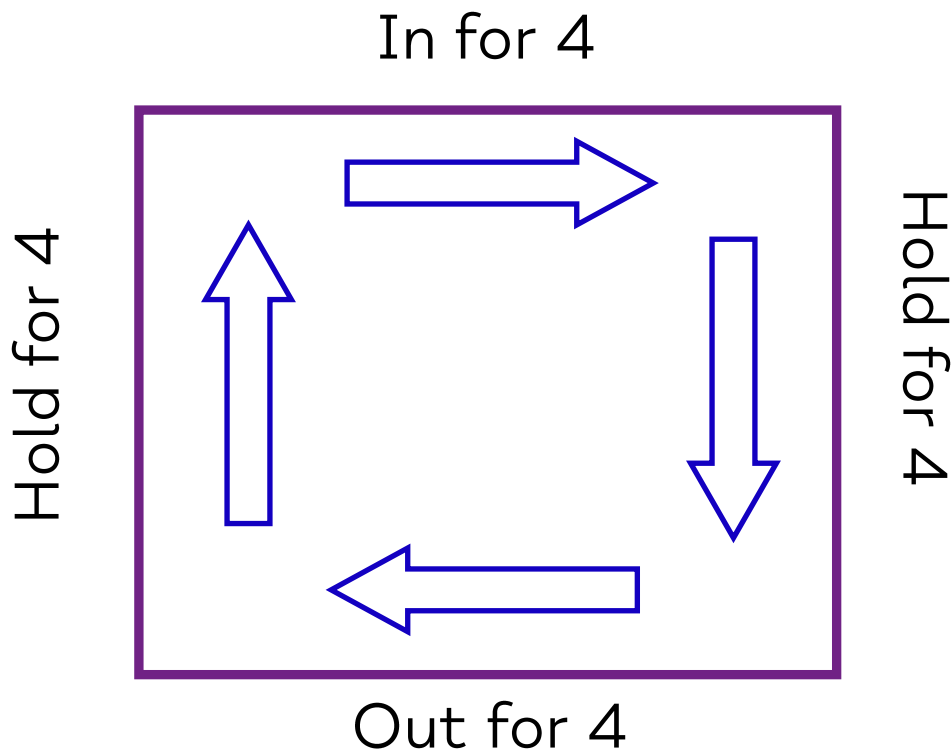
Remember, not every day is a good day, but there is good in every day!



Breathing and grounding exercises



Square breathing



Use your finger to trace a square when breathing in and out. If you feel comfortable close your eyes and visualise the square whilst you are taking in deep breaths.

This is a great technique to learn if you feel overwhelmed and things feel like they are spiralling. Using your breath can help calm the mind and bring you back to the now.



Breathing and grounding exercises



Countdown

Countdown from 5 using your senses to check in with your surroundings.



5 things you can see



4 things you can hear



3 things you can touch



2 things you can smell



1 thing you can taste

This is a great exercise to use when you feel overwhelmed and things just feel a bit too much. This strategy will help you to feel grounded and be able to regain focus again.



Journaling/thought diary

Writing or keeping a journal can be a great way to process your feelings and deal with worries or anxiety. Use these prompts to begin with and then find your own way of how you like to write.

How do you feel today? Is there anything in particular that has made you feel like this?



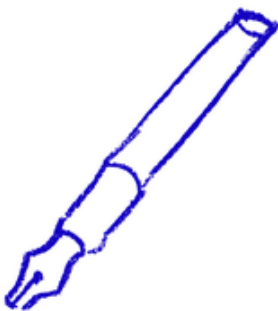
What have you found the most difficult about being off over summer? Why do you think that is?

Think about your favourite place in the world. Use your five senses to describe that place.



Imagine you are going on a road trip. Which 5 people (anyone in the world, real or not!) would you invite and why?

What are you most looking forward to doing when you have settled back into school life?



Writing/doodling/journaling pages...

Writing/doodling/journaling pages...

Useful apps/websites

It can be very normal to feel overwhelmed when returning to school after being off. Below are useful apps that have great resources on them and can be an extra addition to your mental health tool kit. You can also look on the NHS library for more suggestions.



InsightTimer



STOP, BREATHE
& THINK



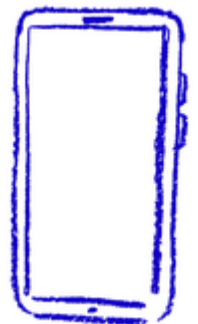
Childline <https://www.childline.org.uk/>

Lancashire Mind <https://www.lancashiremind.org.uk/>

Young Minds <https://youngminds.org.uk/>

Kooth <https://www.kooth.com/>

Samaritans <https://www.samaritans.org/>



mind Lancashire



Thank you!



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