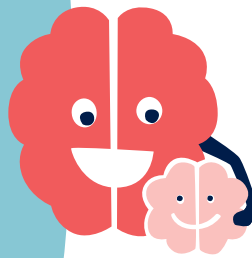


Mental Fitness Journal



Parent Resource

Journaling offers valuable opportunities to reflect on our thoughts, emotions and behaviours, and it helps us foster deeper self-awareness of our mental fitness.

Use the following template to engage in reflection with your child. Completing these together as a family, can help to make mental fitness a habit in your home.

Mental Fitness Journal

Date: _____

M T W T F S S

Today I'm grateful for:

1. _____

2. _____

3. _____

A time when someone helped me and how that made me feel...

3 things that helped me to feel calm:

1. _____

2. _____

3. _____

This week I connected with:

Today I feel:

Angry Worried Sad Happy Excited

Or draw your own

3 kind things I could do for someone else:

1. _____

2. _____

3. _____

Today's mindfulness practice:

Yoga Stretching

Breathing Time with nature

Meditation Colouring in

Let's build our mental fitness together
gotcha4life.org ©2024 Gotcha4Life Foundation

Let's build our mental fitness together

gotcha4life.org ©2024 Gotcha4Life Foundation



Mental Fitness Journal

Date : _____

○ ○ ○ ○ ○ ○ ○
M T W T F S S

Today I'm grateful for:

1. _____

2. _____

3. _____



A time when someone helped me and how that made me feel...

3 things that helped me to feel calm:

1. _____

2. _____

3. _____

Today I feel:



Angry



Worried



Sad



Happy



Excited



Or draw your own

This week I connected with:

Today's mindfulness practice:

Yoga

Stretching

Breathing

Time with nature

Meditation

Colouring in

3 kind things I could do for someone else:

1. _____

2. _____

3. _____

Let's build our mental fitness together

gotcha4life.org ©2024 Gotcha4Life Foundation

