



MOLLY ROSE FOUNDATION

Know Yourself, Grow Yourself

A diary for
Children's Mental Health Week
and beyond



Name:

Date:

Know Yourself, Grow Yourself

Today I am grateful for... (Write down three things)

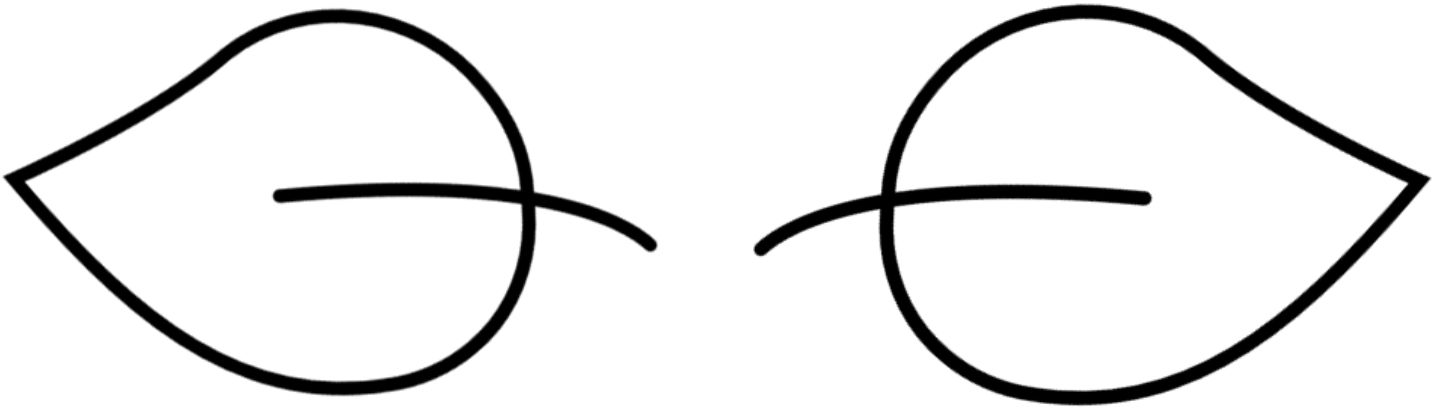
Something amazing that happened today:

Today I have learnt:

I am worried about:

What I intend to do about the worry:

Acts of kindness I have done. Write these in one of the leaves.



Acts of kindness that have been done to me. Write these in the other leaf.

Quote of the day:

What are my intentions for tomorrow:

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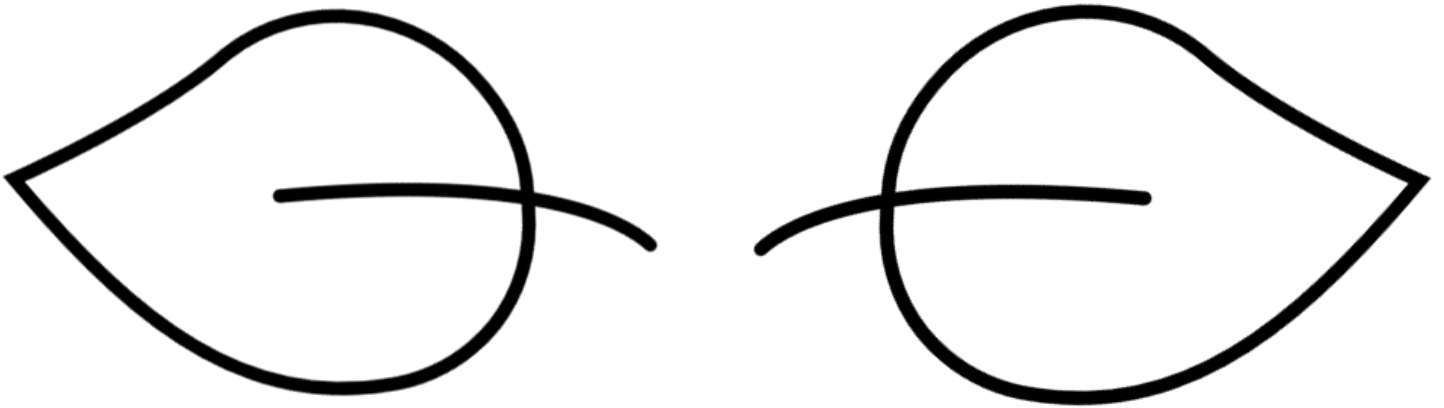
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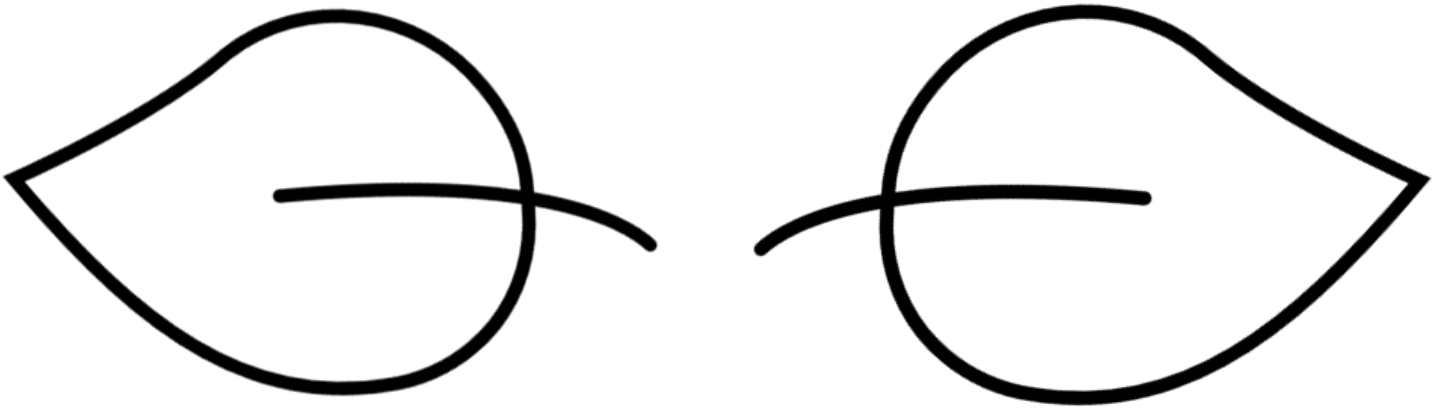
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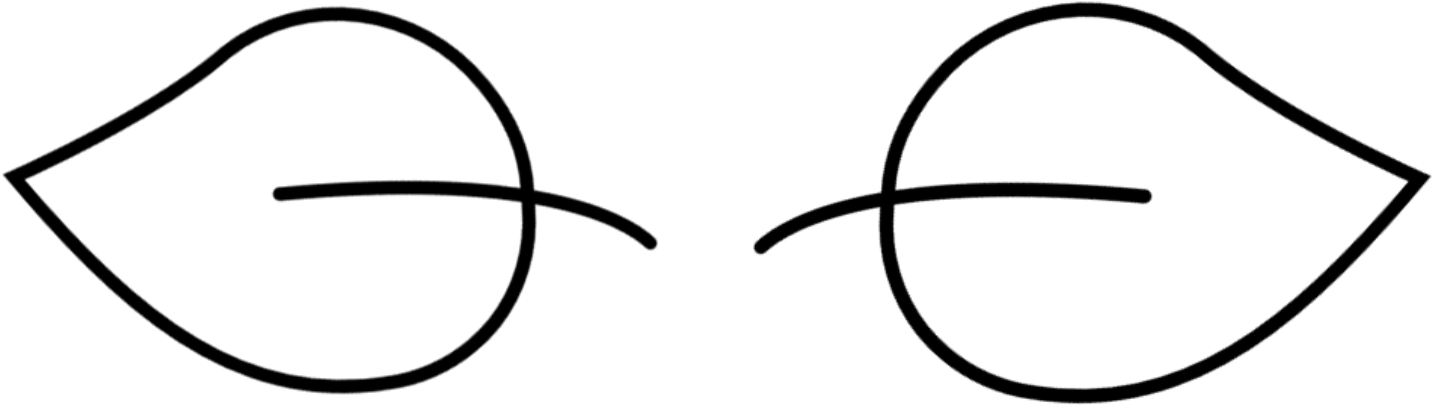
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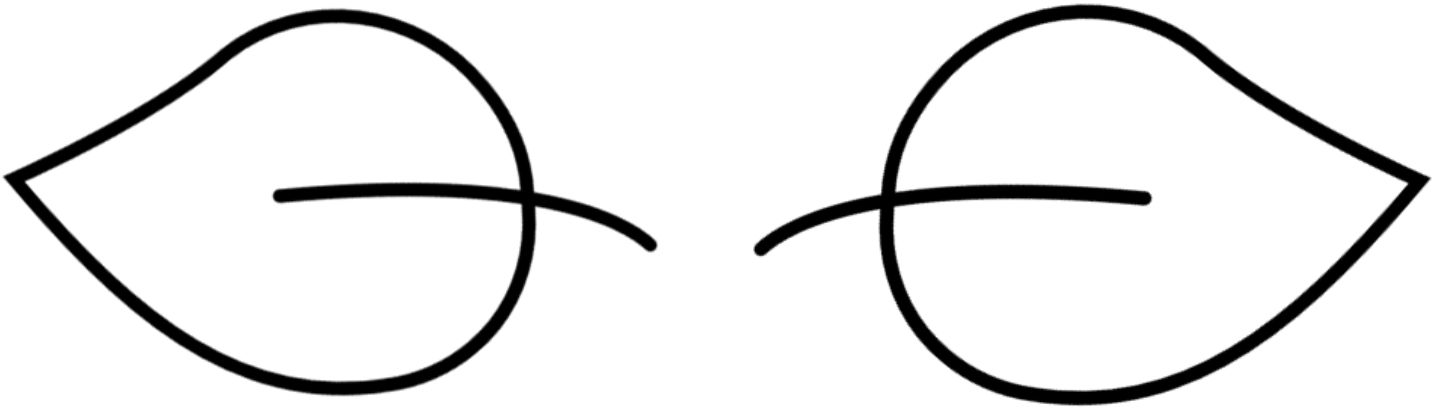
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**What are you feeling?
It's OK not to feel OK**

Feeling anxious, angry, sad, overwhelmed?

Take a moment to stop...
and breathe

Think

I can do this. I can get through this. This will pass.

Ground yourself
Breathe calmly and focus on...

5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

Talk to a trusted adult about your feelings.