



**MOLLY ROSE
FOUNDATION**

Know Yourself, Grow Yourself

A diary for
Children's Mental Health Week
and beyond
Year 1



Name:

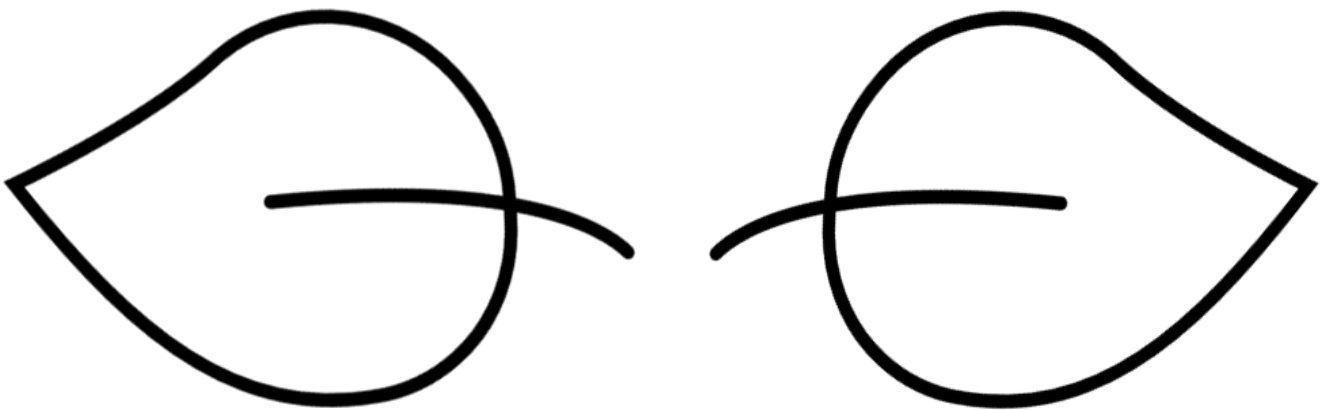
Date:

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

Something amazing that happened today:

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



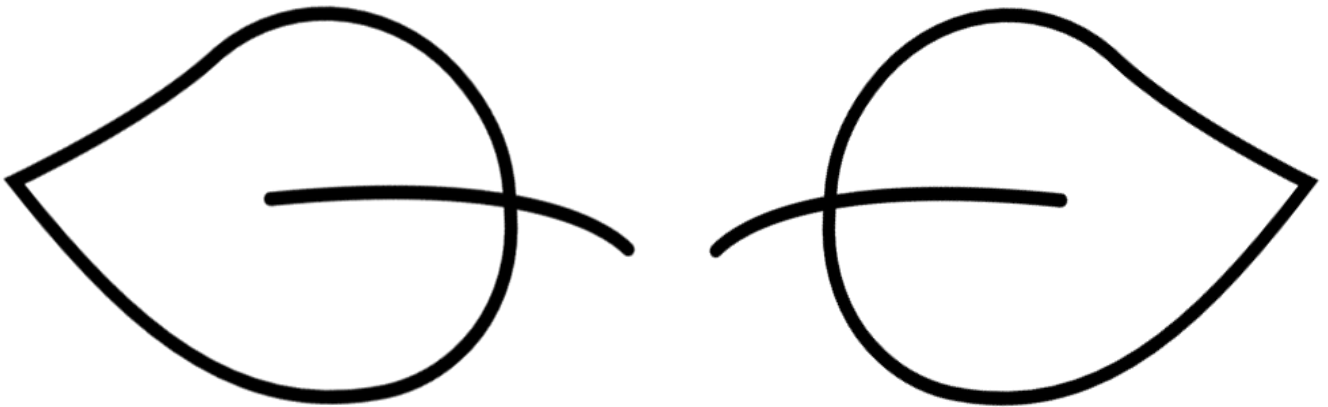
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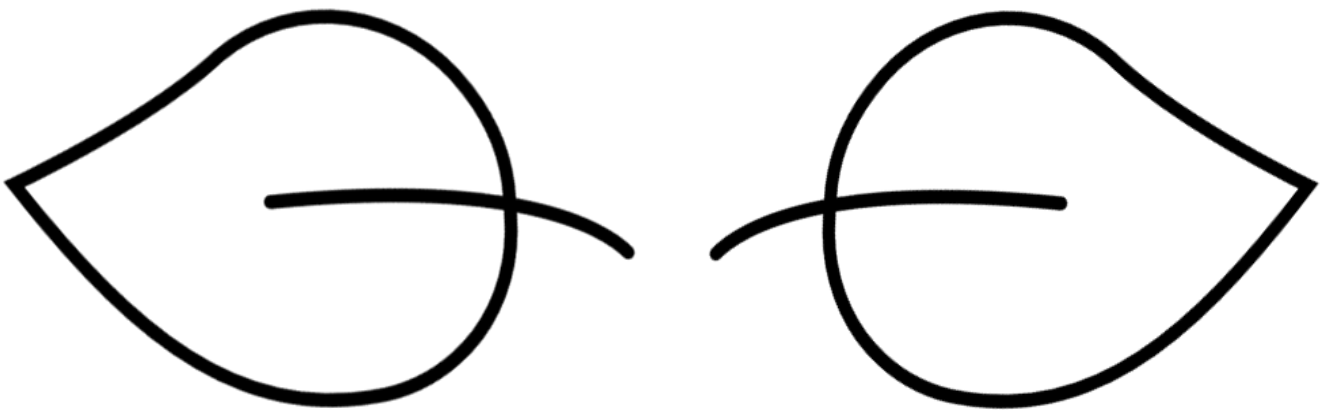
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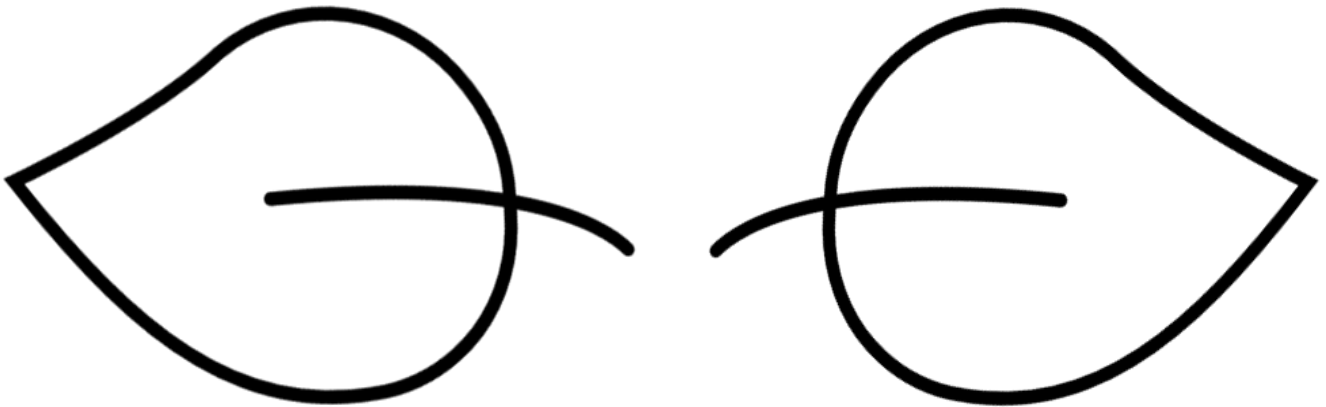
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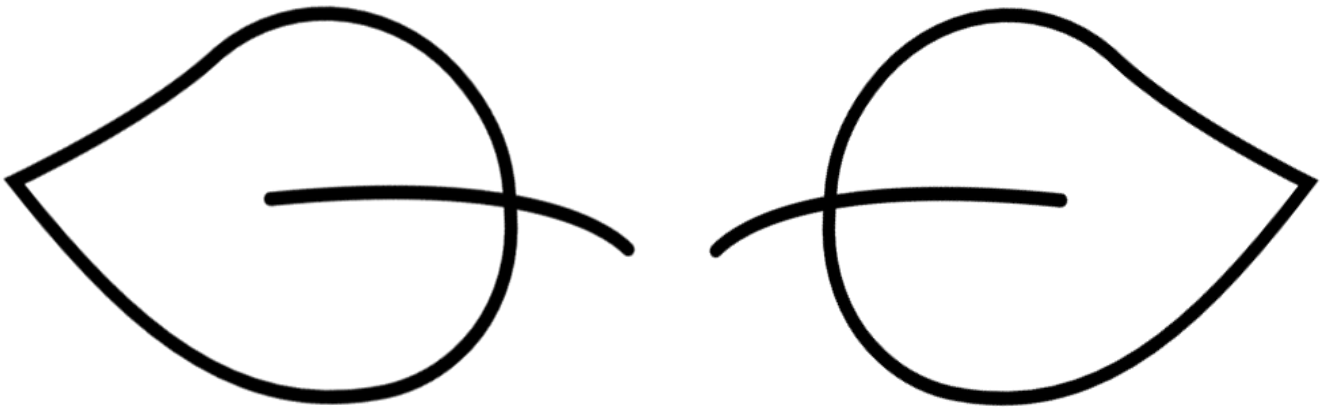
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What are you feeling?

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