

St Bede's Catholic College – Student Wellbeing Journal

	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Morning <i>Three things I am grateful for....</i></p>	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<p style="text-align: center;">Afternoon <i>What did I learn today?</i></p>					
<p style="text-align: center;">Evening <i>The best part of my day was....</i></p>	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.

Be mindful: Think about your favourite relative and consider what their top 5 strengths would be.

Get active: Do each exercise for 1 minute, rest 15 seconds then complete the next exercise: **running on the spot, squats, star jumps, lunges, plank**. Click [here](#) for how to perform each exercise safely – and for challenge routines!

Daily Checklist

		M	T	W	T	F
Morning	Shower					
	Make Bed and Get Dressed					
	Eat Breakfast					
	Brush Teeth					
	Check Compass and Teams and check-in!					
	School Work					
Afternoon	Healthy lunch					
	School Work					
	Free time/ check-in with a friend					
	Be Active					
	Tried something new					
Evening	Finish chores					
	Healthy Dinner					
	Connect with family					
	Read					
	Lights out 9:30pm					

Accessing Support

- Mental Health Line - 1800 011 511 - 24Hr service that provides Mental Health assistance
- eHeadspace - <https://headspace.org.au/eheadspace/> - eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.

