



HISTORIC ROYAL PALACES

SUPERBLOOM COMMUNITIES

Easy read wellbeing journal

SPACE TO STIR AND BE STIRRED

**TOWER OF LONDON • HAMPTON COURT PALACE • BANQUETING HOUSE
KENSINGTON PALACE • KEW PALACE • HILLSBOROUGH CASTLE AND GARDENS**



What is **Wellbeing**?

Wellbeing means you are feeling happy and healthy. You enjoy life and you feel it is valuable.



What is a **Wellbeing Journal**?

A journal is a book where you can write down or draw your thoughts and feelings. It can help you to think about what makes you happy.

How do I use the Journal?

In this journal you will use these **5** ways to learn about your wellbeing. You will do different activities to help you do this.

Connect



Be Active



Take Notice



Learn



Give





How can nature help me?

Being outside in nature can help you feel calm. It can help your body and mind feel better.



Connect



Spending time with friends and family can help your wellbeing. You can help others to feel happy and they can help you.



Activity 1 – Make New Friends

Think with your group of another group who you know. What could you tell them about Superbloom?

Write or draw it below.



Connect



Activity 2 – Find A Green Space Near You

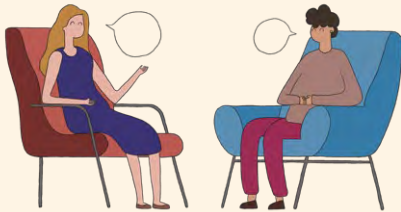
Work in a group with friends and family to think of a green space near you. A green space could be a park or garden.

Write about the green space or draw it below.

A large, empty white rectangular area that occupies the bottom two-thirds of the page, intended for students to write or draw their response to the activity.



Connect



Activity 3 – Time to Talk

Can you make time to talk and listen to a friend or family member for 10 minutes each week?

Draw or write how you felt after the first session.

A large, empty white rectangular area intended for drawing or writing responses to the activity questions.



Be Active



Doing exercise helps your body to keep fit. It also helps you to feel less worried about things and keeps your mind feeling happy.

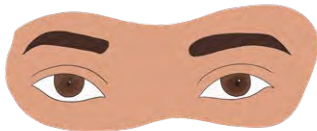
Going for a walk can be a great way to spend time with other people.



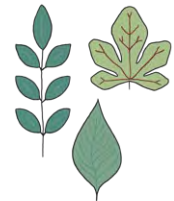
Activity 1 – Group Nature Walks

Plan a walk around your local green space with your group. As you walk around notice what is around you.

What can you:



See



Hear



Smell



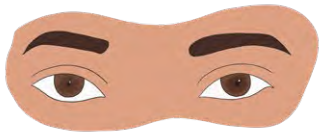


Be Active



Activity 1 *continued* – Group Nature Walks

Go on the same walk two weeks later.
What is the same? What is different?



See



Hear



Smell





Be Active



Activity 2 – Litter pick

Think of a local green space which has rubbish on the ground. Plan a litter pick with your group. Doing a litter pick makes a space nicer for everyone and helps you to keep fit!

You can find out how to do this by looking here: <https://www.keepbritaintidy.org>



Write down what you will need to make sure everyone stays safe.

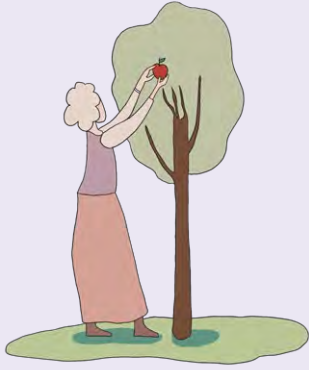


Stick a photo below of how the area looks before and after the litter pick!



Be Active

Activity 3 – Hug a Tree



Find your favourite tree in your local green space. Notice how it looks. What do you like about it?

Some people like to hug trees as it makes them feel more close to nature.

Give your tree a hug or you might like to just touch it.



Take Notice



Being aware of how you are feeling at a point in time can help you to stay happy and feel in control.

Focus for a time on what is happening around you. Try not to think about other things which may be worrying you.



Take Notice



Activity 1 – Inside Out

Think of one thing you do inside. Maybe it is having a coffee break or reading a book.

Try doing it outside instead.

Can you write down or draw more activities you could do outside instead?

A large, empty white rectangular area intended for the user to write down or draw activities they could do outside instead of inside.



Take Notice



Activity 2 – 10-Minute Listen

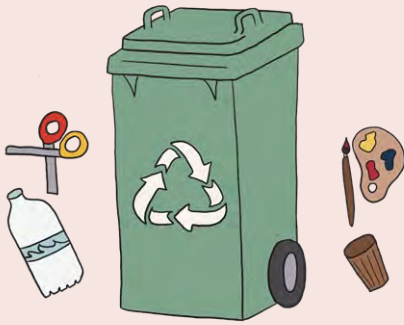
Find a quiet space outside. Listen carefully for 10 minutes. What can you hear?

Make a list or draw things here.

A large, empty white rectangular area intended for students to write or draw their observations during the 10-minute listening activity.



Take Notice



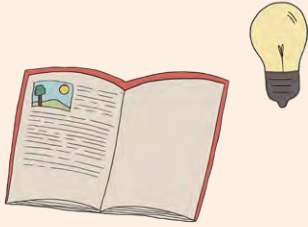
Activity 3 – Recycle and Make New

We throw a lot of rubbish away. We can recycle and make new things from old. This can stop some of our rubbish just being dumped.

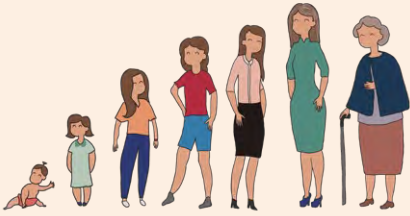
Can you choose some items from your recycling bag and make them into something new? Try to make them into something useful for your home.



Take a photo of what you made and stick it here.

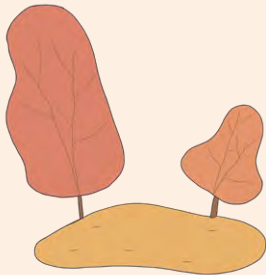
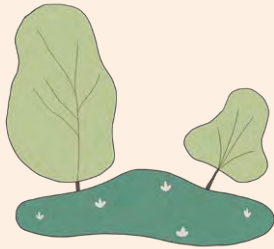


Learn



Learning through our life helps us to feel confident and focused. It helps to connect to others and keeps us active.

When we learn new skills we feel better about ourselves.



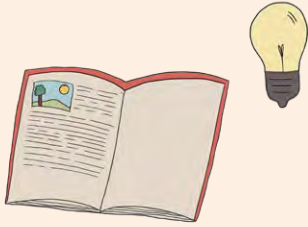
Activity 1 – Changing green spaces

Choose a green space such as a park near you. Find out about what it was like in the past. Did it always look like that or did it used to look different?

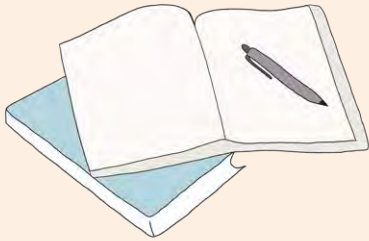
Is there something there which has an interesting history such as a tree or a lake?

Draw or write what you find out here.

A large white rectangular area intended for students to draw or write their findings about green spaces.



Learn



Activity 2 – Learn Together

Work with your group and think of something you all enjoy or have an interest in. Create a poster about it to share with others.

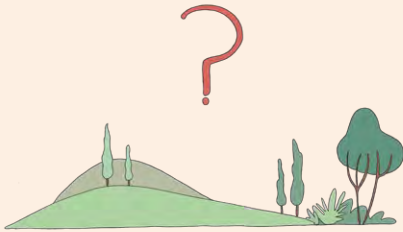
Stick a photo of your poster below.





Learn

Activity 3 – Make a quiz



Find out about nature in your local green space. Make a quiz for your family, friends or your group.

You could have a fun prize for the winning person or team.

Write down how the quiz went here.



Give



When we help others it increases our own feeling of wellbeing. It can make us value our own life and helps us connect with others.



Give



Activity 1 – Make a gift

Think about someone who is special to you. Plan a gift you can make to give to them. You could use recycled things or something from nature, such as pressed flowers.

You might like to talk to other people to get ideas or look online.

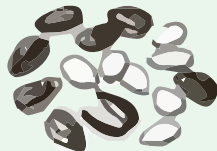
Activity 2 – Feed the birds

Make a bird feeder to hang in your garden or in a local green space.

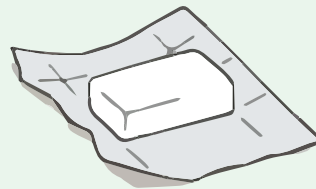
You will need:



Pine cone



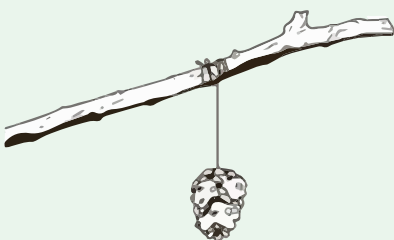
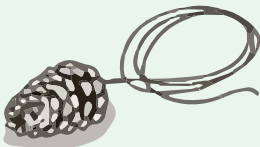
Bird seeds



Lard



String



What to do:

1. Wrap the string around the pinecone to make a handle
2. Cover the pinecone in peanut butter or melted lard
3. Roll the pinecone in seeds
4. Hang it up when dry
5. Watch the birds feeding!



Give



Activity 3 – Take a photo

Go on a walk around your garden, local park or green space.

Take a photo of something from nature from your walk. Choose something that you like and want to share with others.



You can make the photo into a card for someone.



You could also make the photo into a print for someone else or even for your own home!



Time to think

Now you have done the activities in the journal. You used 5 ways to learn about your wellbeing. This last part of your journal is to help you to think about what you have learned.



You might also like to talk to someone about this.

Connect



Be Active



Take Notice



Learn



Give



Time to think

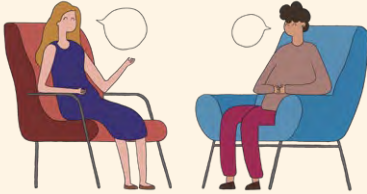
How could you use the 5 ways to help you to feel happy with your life?

Write down your thoughts below.

A large, empty white rectangular area provided for writing thoughts and reflections.



Connect



Time to think

Think of person who helps you with your wellbeing.

How does it help you when you talk to them?



Be Active



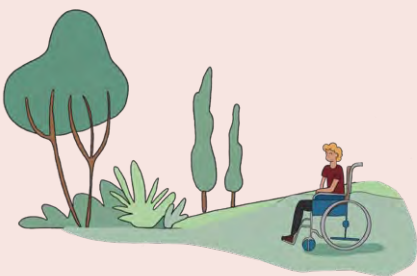
Time to think

Think of some activities you enjoy doing.

Can you think of something new you would like to do?



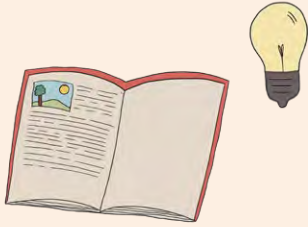
Take Notice



Time to think

Think of a time in the day when you could stop and notice something around you.

What could you notice? It could be to look at a tree, smell a plant or listen to a bird song.



Learn



Time to think

Think of something you would like to learn. What would you like to learn? It could be to learn how to play a sport, or how to make or do something.

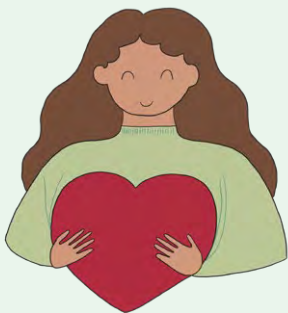


Give



Time to Think

Think of a time in the day when you could stop and notice something around you. What could you notice? It could be to look at a tree, smell a plant or listen to a bird song.



Giving to yourself is also important for your wellbeing.

What could you give yourself?