

MINDFUL JOURNAL

COVID-19



RESOLVEitTM
EVERYONE HAS THE RIGHT TO **FEEL SAFE**



TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON.

BE CREATIVE. TAKE PHOTOS. ADD ARTWORK. WRITE DOWN SPECIAL MEMORIES. CAPTURE ANYTHING AND EVERYTHING!

DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE



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ALL ABOUT ME

MY NAME IS:

MY FAVOURITE TOY IS:

MY FAVOURITE COLOUR IS:

MY FAVOURITE FOOD IS:

MY FAVOURITE FILM IS:

MY FAVOURITE BOOK IS:

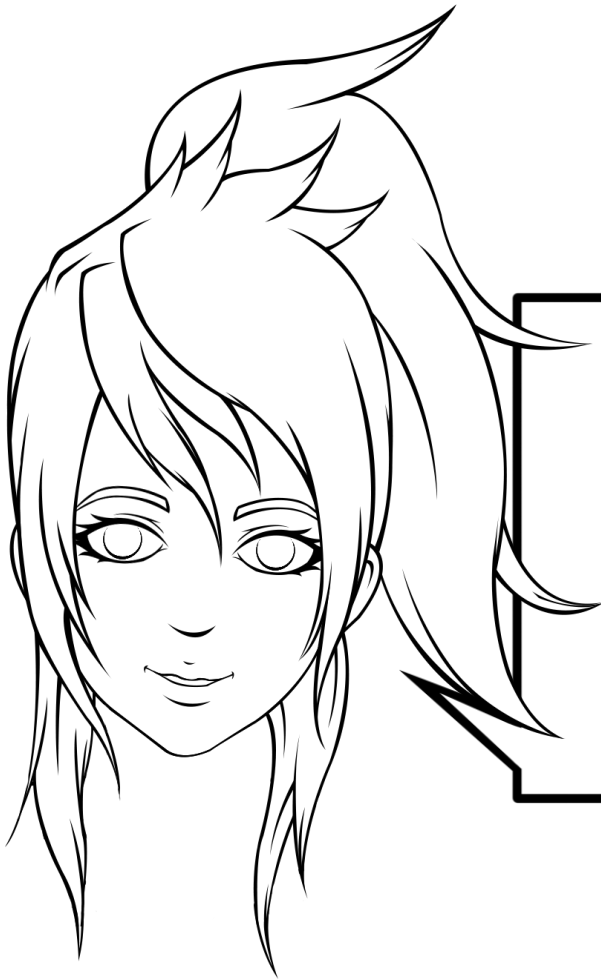
MY FAVOURITE SONG IS:

MY BEST FRIENDS ARE:

WHEN I GROW UP, I WANT TO BE:



MY FEELINGS



HOW DO I FEEL ABOUT THIS EXPERIENCE?



WHAT HAVE I LEARNED FROM THIS EXPERIENCE?



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STAYING CONNECTED

HOW ARE YOU STAYING CONNECTED WITH PEOPLE?

e.g. virtual chats with friends, hearts in windows and sending happy voice messages to family and friends...

NAME:

RELATION TO YOU:

ABOUT THEM:

NAME:

RELATION TO YOU:

ABOUT THEM:

NAME:

RELATION TO YOU:

ABOUT THEM:

NAME:

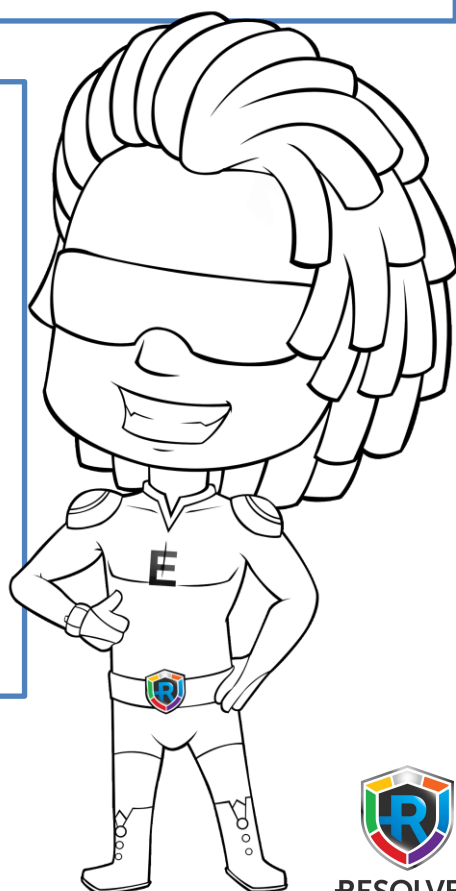
RELATION TO YOU:

ABOUT THEM:

NAME:

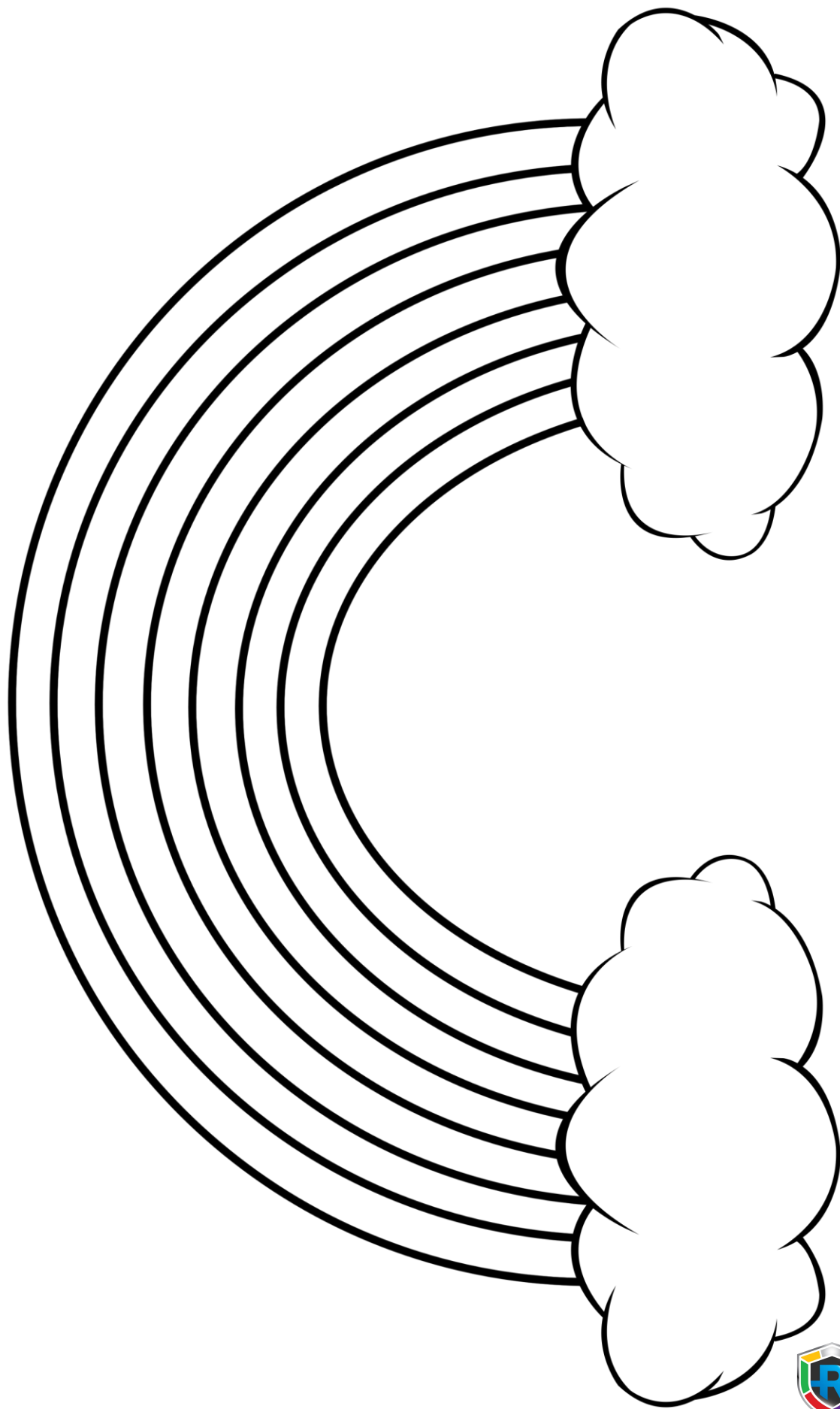
RELATION TO YOU:

ABOUT THEM:



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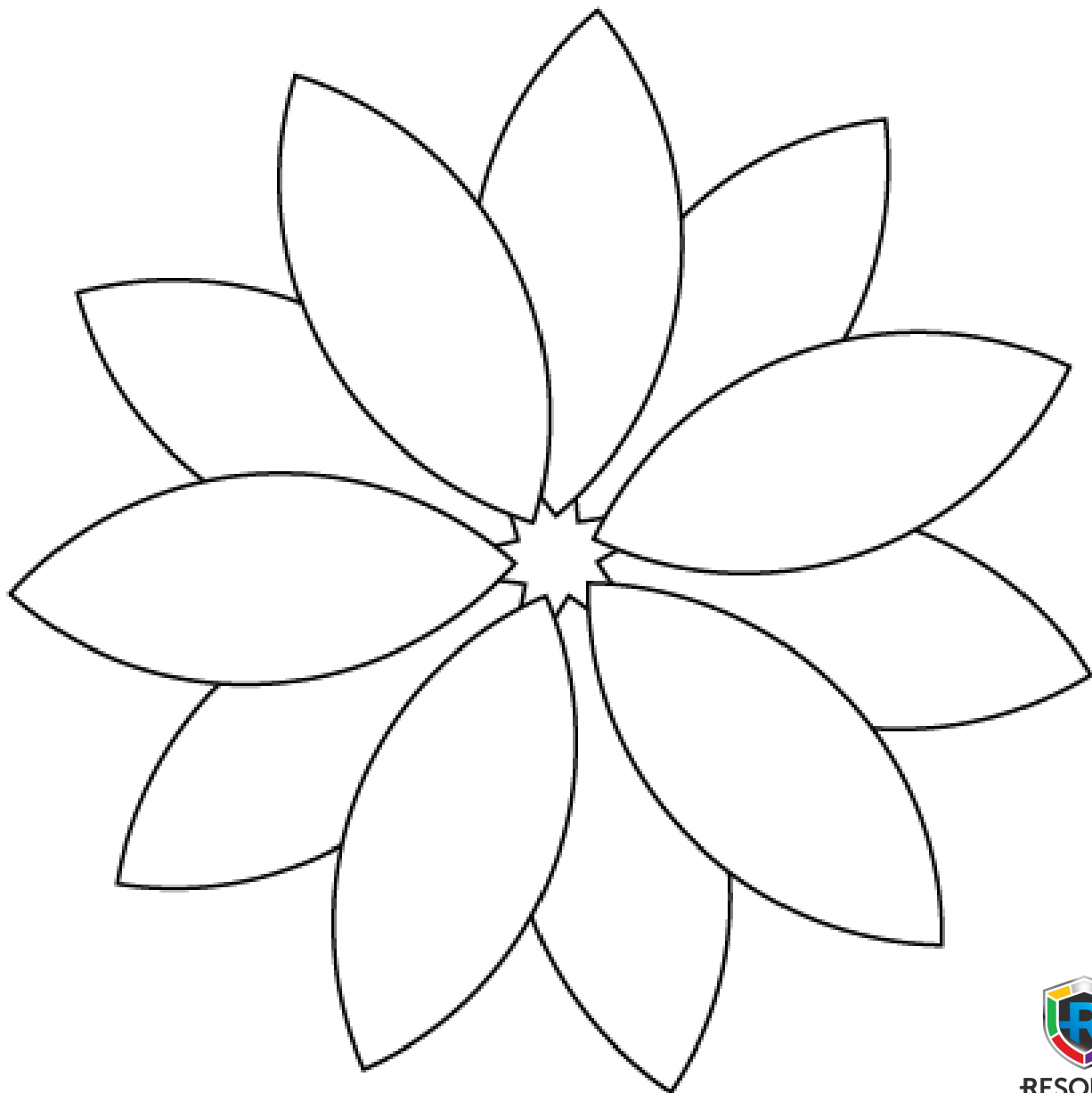
Why not colour in the rainbow below, place it in your window and send someone a rainbow of hope today!



KEEPING BUSY!

HOW ARE YOU KEEPING BUSY AT HOME?

WRITE IN EACH PETAL HOW YOU ARE
KEEPING BUSY!



MY GRATITUDE JAR

Think about different people, things and events you are grateful for.
Write what and who you are grateful for inside your “Gratitude Jar” below.



LETTER TO MYSELF...



A series of horizontal lines for writing a letter to oneself.

