



Your personal journal
to track your thoughts
and feelings.

THE **Big** ACTIVE
Barnardos





Challenge yourself!

Here are some fun activities you can do this month to help you look after yourself: body, mind and heart.

Run 5k: If you usually do 5k, challenge yourself to do 10k!

Go cycling: Cycling is a great way to get around. See how far you can go.

A Daily Plank: Test your core by planking every day for as long as you can.

Skip and skip some more: All you need to get started is some rope!

Meditate every day: Just take a few minutes to breathe and let go.

Take up yoga: You'll find lots of great starter routines online.

Dance until you drop: Dancing isn't just fun, it's great exercise too!



1. This is me! Draw a picture of yourself to show how you feel today



2. Complete these sentences to describe how you see yourself.

I am good at _____

I love _____

I want to learn to _____

If I were a superhero, my superpower would be _____

3. Name five things you are most proud of about yourself.

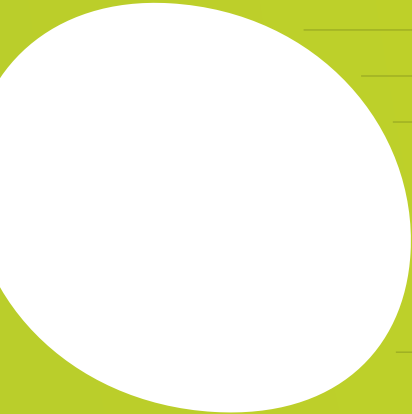
1 2 3 4 5



By taking part in the Barnardos' Big Active, you'll make a difference to the lives of vulnerable children.

4. Think about a time when you felt happy and smiley. Write about it or draw a picture about it. Use an 'I statement' to practice expressing that feeling e.g. I felt happy when...

5. Think about a time when you felt sad or low. Write about it or draw a picture, using your 'I statement'.



6. Now think about a time when you felt angry or scared. Write about it or draw a picture, using your 'I statement'.



Barnardos is Ireland's leading children's charity.

10. Name the three things or people who make you smile.

1. _____
2. _____
3. _____

11. List the things that make you happy or laugh. Here are some suggestions to inspire you.

Movies

Jokes

Games

Friends

Cake

Family

12. You can show kindness every day by showing others around you that you care. List three people you can show kindness to today. Here's one to start you off.

1. Start with small gestures like greeting everyone with a wave, smile or a hello!

2. _____

3. _____

4. _____

13. It is important to show kindness to yourself too.

You can do that by saying encouraging and nice things about yourself in your head. List three other ways you can show kindness to yourself.

1. _____

2. _____

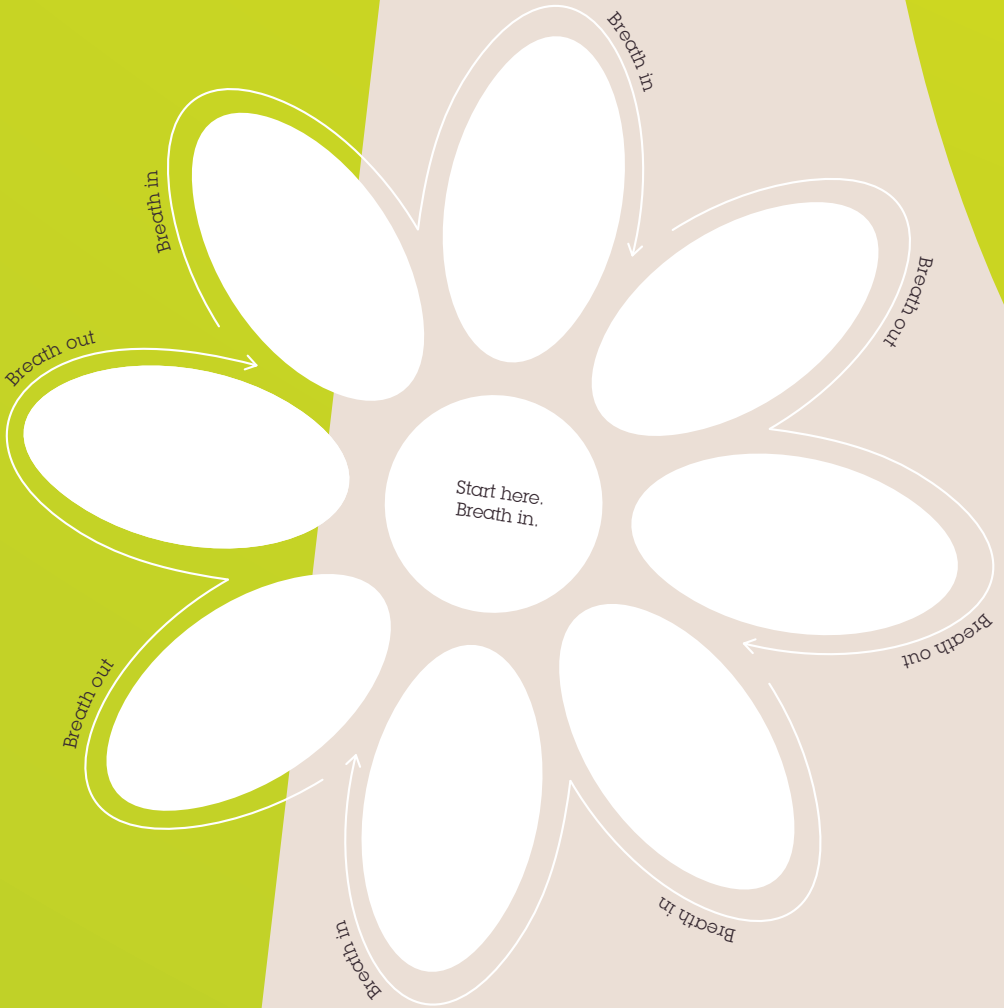
3. _____



Barnardos has worked with children and families in Ireland for 60 years.

16. Trace this flower. Breathe in as you trace two petals; breathe out as you trace the next two petals. Complete the flower and repeat three times.

Draw this on paper any time you want to feel calm.



“Be yourself, everyone else is taken.”

Oscar Wilde

19. Positive affirmations are a great way to shut down negative thoughts we have about ourselves. Complete these sentences to create your positive affirmations.

I can _____

I am _____

I am good at _____

I believe _____

I love _____

20. What are you most proud of about yourself? Draw your favourite positive affirmation. Make it a t-shirt design, logo, tattoo, superhero character, whatever you like.



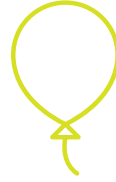
"If you can believe something great,
then you can achieve something great."

Katy Perry

21. Breathing exercises don't have to take a lot of time out of your day but they can help you to slow your breathing when you're feeling anxious or worried.

Here are some techniques for you to try:

BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon.

Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon.

Hold your hand position as you inhale again and then spread your hands further as you exhale.

Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes.

Breathe in through your nose and then hum quietly as you slowly breathe out.

TUMMY BREATHING



Lie on the floor and place your favourite teddy on your stomach.

Breathe in deeply through your nose and feel teddy rise, and then feel it lower as you slowly exhale through your mouth.

Rock teddy to sleep using the rise and fall of your stomach.



Your support helps us to continue our work with these children and families right across the country.

The foundation of well-being starts with self-care. Here are some ways to be a Self-Care Rockstar!

Make time for you

Take time each day to do something that brings you joy. Reading, listening to music, watching a funny programme or being creative - do what makes you feel good and boosts your mood.

Write it down

Use this journal to track how you're feeling and set personal goals. What positive thing can you take from today and do again tomorrow? Writing down your feelings can help you to learn about yourself and your wellbeing.

Be a loving friend to others and yourself

Be kind to others and smile - it will make you feel good too. Positive affirmations can also help you feel good. They're short, positive statements such as "I am capable", "I am strong" or "I've got this!" They are a great tool to help to build your self-esteem and deal with negative thoughts.

Encourage yourself

It can be easy give ourselves a hard time when we make a mistake or we don't do as well as we would have liked. Instead of negative thoughts, try focus on encouraging yourself instead - "I've done my best" or "I just need to keep practicing".

