



A personal journey to track
your thoughts and feelings.

THE Big ACTIVE
Barnardos



Body, mind and heart

The Barnardos Big Active promotes three different kinds of activities: physical challenges that take care of your body, mindfulness exercises to look after your mental wellbeing and activities that promote the importance of charity. We call those **'Body'**, **'Mind'** and **'Heart'**.

The key activity encourages you and your classmates to complete a physical challenge, like walking or running a mini-marathon in your Big Active month. This physical challenge is the Body element.

Throughout the month, you'll take part in classroom exercises with your teacher like muscle relaxation, breathing and positive self-talk – all to support the Mind.

We encourage you and your class to get involved in the positive activity of fundraising and to take on a class sponsored challenge to raise money to help Barnardos support vulnerable children and families. Helping others in your community makes you feel good and creates a feeling of warmth and wellbeing – this supports the Heart.

This journal is designed to give you time to reflect on your feelings and to explore the connection between your body, mind and heart. Spend a few minutes every day recording your thoughts, so you can track how your feelings change over this month.

Challenge yourself!

Here are some fun, physical challenges you can take on with your class for your Big Active month which will help you look after yourself: body, mind and heart.

Complete a Marathon in a Month! Complete a total of 26.2 miles in your Big Active month in whatever way you want to - cover one mile on most days, or do three miles a couple of times a week. It's up to you!

Greet the Morning Sun Salutations. Yoga brings an enormous sense of wellbeing and is suited to all physical abilities. As well as stretching and strengthening your body, yoga can help boost self-esteem and confidence. Start each day with a yoga session and set a target of 200 minutes over your Big Active month.

A MILLION steps a Month! One small step for you can create a giant achievement for your class. Accumulate steps however you want to and keep track of your distance each day. One million steps over your Big Active month will really help boost your sense of achievement and self-confidence and will create a sense of purpose for your entire class.

Barnardos Big Active World Cup. Choose your sport and plan a series of play-off games involving the whole school. Whether it's soccer, rugby, table tennis or hockey, each class or year can get involved.

Or you can do it your way. Talk to your teacher and classmates and create your own activity designed to challenge everyone. Make sure that the whole class can take part and set a specific goal you can all work towards as a team over the month. Skipathon, Jumping Jackathon or a Danceathon event: you decide! Anything that will get your body moving and the blood pumping!

1. The way we think about ourselves strongly affects how we feel. Name a recent negative thought you've had and one positive one too.

Challenging thought:

Positive thought:

2. Describe how each of these thoughts made you physically feel.

Challenging thought:

Positive thought:

3. Can you name the emotions you felt when you had these thoughts?

Challenging thought:

Positive thought:



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

4. 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 _____

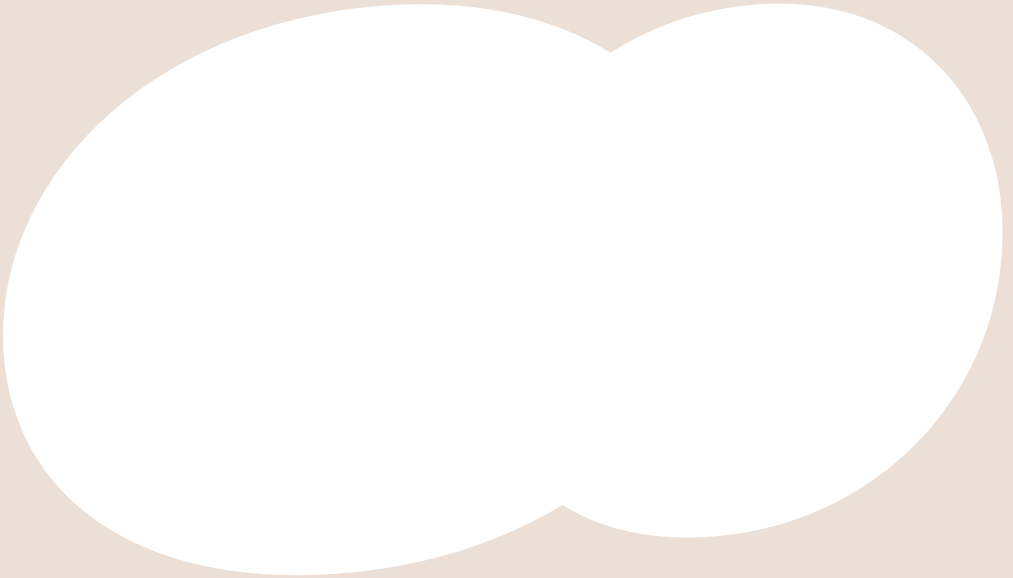
I am _____

I am good at _____

I believe _____

I love _____

5. 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.

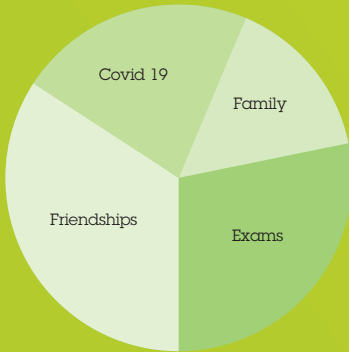


"If you can believe something great,
then you can achieve something great."

Katy Perry

6. Divide the circle below into sections, like a pizza, measuring bigger and smaller slices depending on what is taking up the most space in your head lately.

Sample circle:



7. What is your chart telling you? _____

8. What or who could help and support you? _____



Our mission is to transform the lives of vulnerable children across Ireland.

9. List the things that bring you calm. If you're stuck, here are some to inspire you.

Quiet

Clouds

Laughter

Friends

Water

Walking

10. Describe what calm means to you. How does it affect your body and your mind?



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

16. Think about a problem you are facing at the moment or something that upsets you. It might be a fight with you friend or you might be struggling to learn something in school.

Who are the people you can turn to for help? Who can you talk to about how you're feeling?

17. Who turns to you for help?

18. If you could write a letter to your future self, what would it say?

The page contains horizontal lines for writing. A large, curved green shape is positioned on the left side, partially overlapping the lines. The rest of the page is white with light gray horizontal lines.

Mood & Emotions Tracker

Use this helpful tracker to track how you are feeling each day. It will help you to understand what triggers any feelings of anxiety, worry, sadness or happiness, excitement or pride you might have, and your responses to them.

Date	
Mood + Emotions	
Trigger	
Physical	
Thoughts	
Self-Care	
Date	
Mood + Emotions	
Trigger	
Physical	
Thoughts	
Self-Care	
Date	
Mood + Emotions	
Trigger	
Physical	
Thoughts	
Self-Care	

Date	
Mood + Emotions	
Trigger	
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Thoughts	
Self-Care	
Date	
Mood + Emotions	
Trigger	
Physical	
Thoughts	
Self-Care	
Date	
Mood + Emotions	
Trigger	
Physical	
Thoughts	
Self-Care	

DIY

The foundation of well-being starts with self-care.
Here are 5 ways to be a Self-Care Rockstar!

Make time for you

Set aside 15 minutes each day to do something that brings you joy. Reading, listening to music, being creative - do what makes you feel good and boosts your mood.

Write it down

Use this journal to track how you're feeling, set personal goals or just reflect on both the positives and negatives in your life right now. Writing down your feelings can help you work through them.

Be good to yourself

Whether it's your favourite chocolate bar, ice-cream or a fancy coffee. Take time to enjoy your own company and a nice treat.

Stop scrolling

If you find you're on your phone lots, log off and chill out. Meet a friend and go for a walk. Spend time with people who make you feel good about yourself.

Focus on the positives

When you're having a bad day or you're being hard on yourself, remember your Jar of Awesome! Instead of negative thoughts, try focus on all your personal strengths and achievements.

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