



# Mental Fitness Journal

## Year 3-6

**Students use this journal to reflect and record their mental fitness practices.**

**Year:** 3-6

**Curriculum:** AUS V9

This resource integrates elements of Personal and Social Capability and skills from the Health and Physical Education Curriculum.

**Resource Description:** Encourage students to use the prompts provided in this resource to engage in weekly reflection, and document their mental fitness practices.

This journaling task offers students valuable opportunities to reflect on their thoughts, emotions and behaviours, fostering deeper self-awareness regarding their mental fitness.

Students can use journaling as a tool to monitor their mental fitness progress over time, acknowledging advancements, setbacks, and recurring themes in their thoughts and emotions. This process allows students to express their feelings, explore coping strategies and cultivate skills for managing stress, regulating emotions, and sustaining mental fitness and wellbeing.

**Resource Objective:** Mental Fitness Mind Break

**Most suitable time to integrate this resource:** At natural transition times, after physical activity sessions or when you need to help students quieten their minds and be ready to learn. Choosing a regular time each week to complete this reflection is also an effective way to build healthy habits.

**Gotcha4Life Protective Factor link:** Emotional Adaptability ('Build your emotional muscles') and Social Connectedness ('Embrace your village')

## Let's build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](https://gotcha4life.org)



# Mental Fitness Journal

Date : \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○  
M T W T F S S

Today I'm grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



A time when someone helped me and how that made me feel...

3 things that helped me to feel calm:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Today I feel:



Angry



Worried



Sad



Happy



Excited



Or draw your own

This week I connected with:

Today's mindfulness practice:

Yoga

Stretching

Breathing

Time with nature

Meditation

Colouring in

3 kind things I could do for someone else:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Let's build our mental fitness together

[gotcha4life.org](http://gotcha4life.org) ©2024 Gotcha4Life Foundation



# Mental Fitness Journal

Date : \_\_\_\_\_

○ ○ ○ ○ ○ ○ ○  
M T W T F S S

Today I'm grateful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



A time when someone helped me and how that made me feel...

3 things that helped me to feel calm:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Today I feel:



Angry



Worried



Sad



Happy



Excited



Or draw your own

This week I connected with:

Today's mindfulness practice:

Yoga

Stretching

Breathing

Time with nature

Meditation

Colouring in

3 kind things I could do for someone else:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Let's build our mental fitness together

gotcha4life.org ©2024 Gotcha4Life Foundation

