

WRITE YOUR OWN WELL-BEING JOURNAL!



STEP 1

Fold 2 sheets of A4 paper in half. Place one inside the other so that the folded edges line up with each other. Unfold them and staple them twice along the fold to make it look like a book.

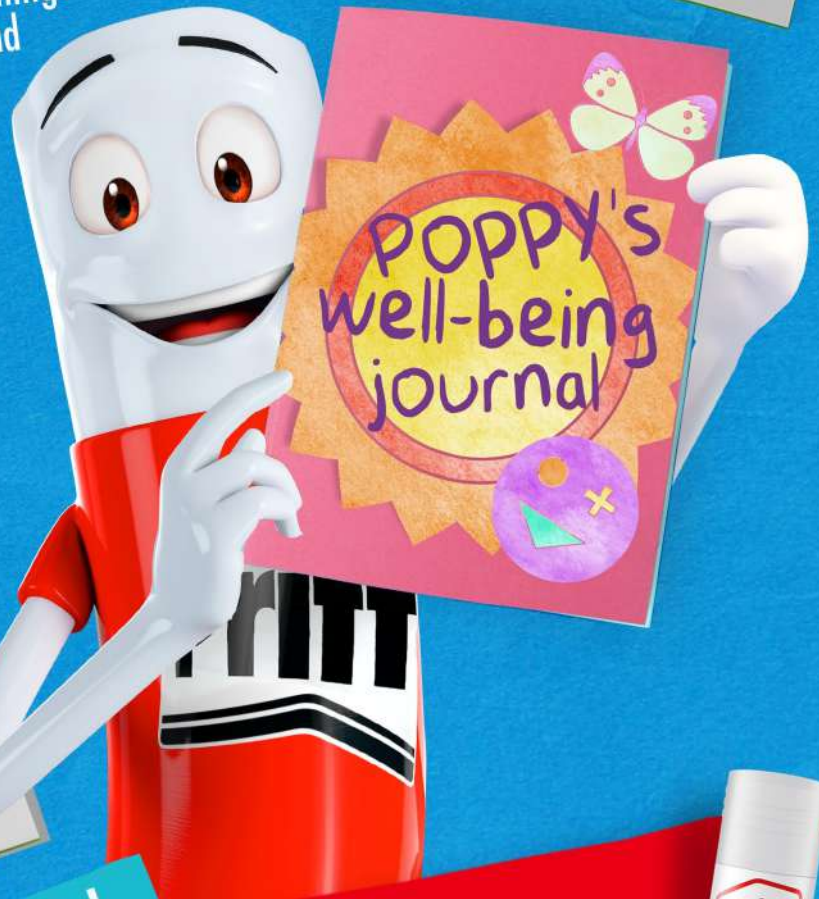


STEP 2

Decorate the front cover by writing your name and drawing the things that make you happy, or cutting and gluing them from the template.

STEP 3

Write down all the good things that happened today or last week. Then, using your Pritt stick, glue in pictures, clippings or drawings.



You will need

- 2 sheets of A4 paper
- Scissors
- Pritt Stick
- Felt tip pens or paints



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