

# WONDER & BE-ACTIVE

MY HEALTHY HABIT JOURNAL

SMALL HABITS.  
**BIG**  
DIFFERENCE.



**FUEL**  
your body



**HYDRATE**  
your body



**MOVE**  
your body



**BREATHE**  
your mind



**SLEEP**  
your body



**BE KIND**  
to others  
and yourself



YOU'VE  
**GOT**  
**THIS!**

# WELCOME TO YOUR JOURNAL!

Hey!

This journal is full of fun challenges and activities to help you build healthy habits, feel amazing and be the best YOU!



## MEET YOUR 6 HEALTHY HABIT HEROES!



**FUEL**

Fuel your body. Eat foods that help you grow, learn and play.



**HYDRATE**

Drink water. Keep your body and brain refreshed.



**MOVE**

Move your body. Dance, jump, run, play and have fun.



**BREATHE**

Take a moment. Pause, breathe and reset.



**SLEEP**

Rest and recharge. Give your body time to grow.

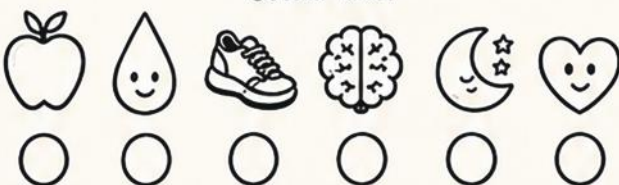


**BE KIND**

Be kind to others. Be kind to yourself too.

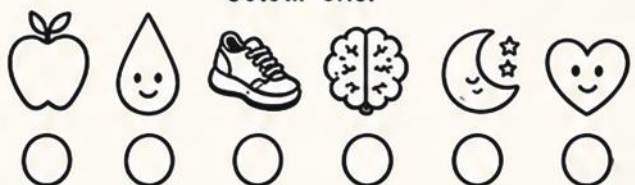
WHICH HABIT ARE YOU ALREADY AWESOME AT?

Colour one!



WHICH HABIT WOULD YOU LIKE TO IMPROVE?

Colour one!



# FUEL YOUR AWESOME!

Eating well gives you **energy** to learn, play and grow!

## BUILD A RAINBOW PLATE!

Draw or colour the healthy foods you ate today.



### TODAY I ATE...

 FRUIT

 VEGGIES

 WHOLE GRAINS

 PROTEIN

 WATER

 Water helps your body work its **BEST!**

### HOW DID TODAY'S FOOD MAKE ME FEEL?

Tick how it made you feel.

 **ENERGISED**

 **TIRED**

 **READY TO PLAY**

 **HAPPY**

 **CALM**

# MOVE YOUR BODY!

Moving your body is **FUN** and it helps you feel **happy, strong** and ready for anything!



## TODAY, I MOVED MY BODY BY...

Tick all the ones that you did today.



WALKED



RAN



DANCED



PLAYED A SPORT



RIDDEN MY BIKE



PLAYED OUTSIDE



STRETCHED



SOMETHING ELSE

## HOW LONG WAS I ACTIVE TODAY?

Colour in the minutes you were active.



## MY FAVOURITE WAY TO MOVE IS...

Draw or write about it!



Blank dashed box for drawing or writing.

## HOW DID MOVING MY BODY MAKE ME FEEL TODAY?

Colour how you felt.



AMAZING



GOOD



OKAY



TIRED



NOT GREAT



**SUPER MOVES!**

Every time you move, you are building a stronger, healthier **YOU!**



# BREATHE TO FEEL GOOD!

Taking a moment to breathe can calm your mind, lower stress and boost your mood.



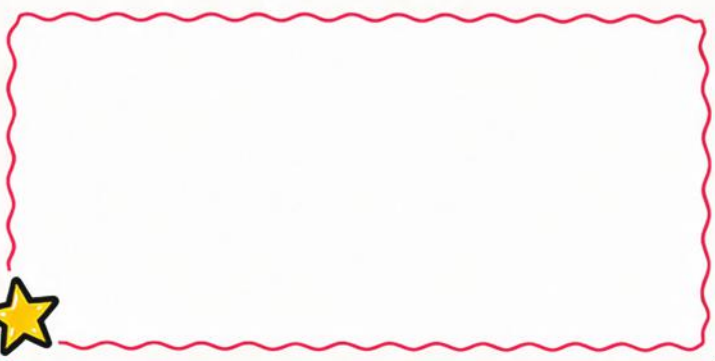
## LET'S TAKE 5!

Try this 5-breath challenge. Trace the hand with your finger. Breathe in going up. Breathe out going down.



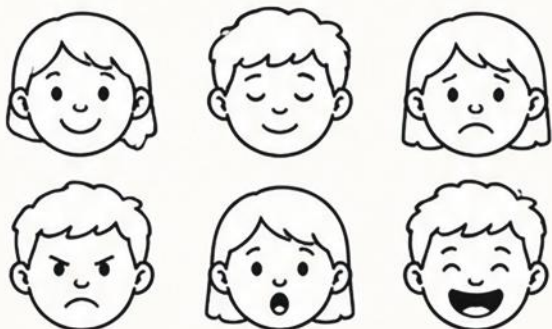
## MY CALM PLACE

Where do you go in your mind when you need to feel calm? Draw your calm place.



## SPOT THE FEELINGS

Colour the faces that show how you feel when you take time to breathe.



## MINDFUL MOMENTS

Tick the times you could take a mindful moment and breathe.

- |  |  |  |   |
|--|--|--|---|
| <br>BEFORE SCHOOL<br><input type="checkbox"/> | <br>BEFORE A TEST<br><input type="checkbox"/>  | <br>BEFORE A GAME<br><input type="checkbox"/>           | <br>WHEN I FEEL WORRIED<br><input type="checkbox"/>    |
| <br>BEFORE BED<br><input type="checkbox"/>    | <br>IN THE MORNING<br><input type="checkbox"/> | <br>WHEN I FEEL OVERWHELMED<br><input type="checkbox"/> | <br>ANYTIME I NEED A BREAK<br><input type="checkbox"/> |



**YOU'VE GOT THIS!**

A few deep breaths can help you feel your best!

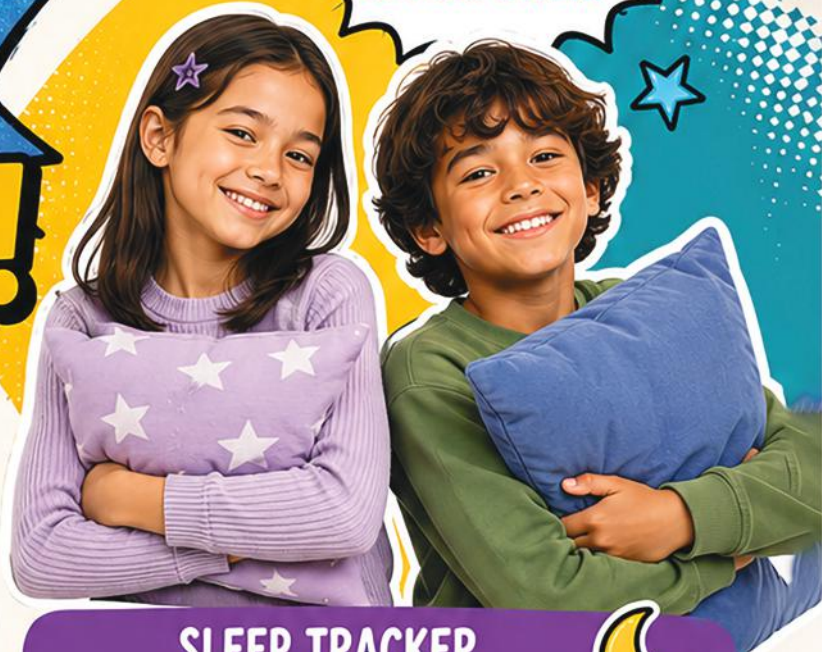


# SLEEP

## YOUR WAY TO SUCCESS!

A good night's sleep helps your body rest, your brain recharge and your mood stay **awesome!**

**SLEEP IS YOUR SUPERPOWER!**



### MY PERFECT BEDTIME

What helps you get a good night's sleep?  
Draw or write your perfect bedtime routine.

### SLEEP TRACKER

How many hours did you sleep last night?



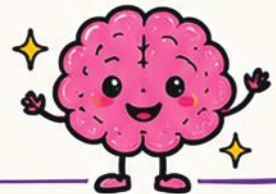
Colour in the stars to show how you slept.

★ 9-11 HOURS  
I feel **AMAZING!**

★ 7-8 HOURS  
I feel **GOOD.**

★ 5-6 HOURS  
I feel **OKAY.**

★ LESS THAN 5 HOURS  
I feel **TIRED.**



### SLEEP FACT OR FICTION?

Read each statement and circle  
Fact or Fiction.

- Your body grows while you sleep. **FACT / FICTION**
- You only need 2-3 hours of sleep. **FACT / FICTION**
- Good sleep helps you concentrate. **FACT / FICTION**
- Screens before bed help you sleep. **FACT / FICTION**
- Everyone needs the same amount of sleep. **FACT / FICTION**

### HOW DOES SLEEP HELP YOU?

Draw or write about how a good night's sleep helps you be your best!



### SLEEP TIP!

Try to go to bed and wake up at the **same time** every day!



# BE KIND TO OTHERS AND YOURSELF!

Kindness makes the world a better place  
and helps **YOU** feel **happy** too!



## KINDNESS IN ACTION

Draw or write three kind things  
you did today.

1

2

3



## MY GRATITUDE JAR

What are you  
grateful for today?

Write or draw  
your thoughts  
and pop them  
in the jar!



## COMPLIMENT CHALLENGE!

Write a kind compliment  
for someone special.

## MY BE KIND PLEDGE

Choose one kind action to focus on this week  
and write your pledge!

- |   |  |   |   |  |  |
|---|--|---|---|--|--|
| <br>HELP<br>SOMEONE<br><input type="radio"/> | <br>LISTEN<br>KINDLY<br><input type="radio"/> | <br>USE KIND<br>WORDS<br><input type="radio"/> | <br>SHARE<br><input type="radio"/> | <br>BE KIND<br>TO MYSELF<br><input type="radio"/> | <br>CARE FOR<br>OTHERS<br><input type="radio"/> |
|---|--|---|---|--|--|

MY PLEDGE:

YOU'RE  
MAKING THE  
WORLD **BETTER!**



Be kind, be you,  
and keep being **AWESOME!**



# HYDRATE

## YOUR WAY TO FEEL GREAT!



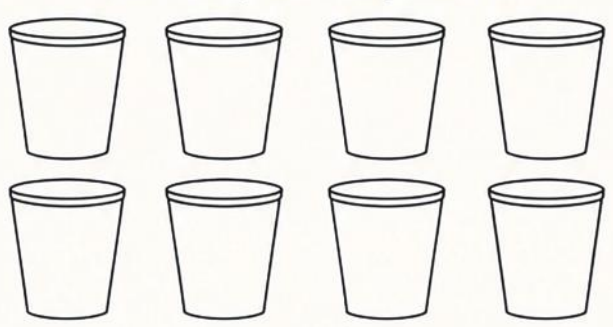
DRINK UP.  
POWER UP!

Water is **super** important! It helps your body work, keeps your mind **sharp** and gives you **energy** to play and learn!

### WATER TRACKER



How many cups of water did you drink today?  
Colour in a cup each time you have one.











★ My goal today: \_\_\_\_\_ cups!

### MAKE IT FUN!



How do you like to drink your water?  
Tick your favourites or add your own!

 WITH LEMON <input type="checkbox"/>	 WITH BERRIES <input type="checkbox"/>	 WITH CUCUMBER <input type="checkbox"/>	 WITH ICE <input type="checkbox"/>
 MY COOL WATER BOTTLE <input type="checkbox"/>	 FUN STRAW <input type="checkbox"/>	 MY FAVOURITE CUP <input type="checkbox"/>	 MY OWN IDEA! <input type="checkbox"/>

### WATER WORD SEARCH



Can you find all the hidden words?

- ★ WATER
- ★ HYDRATE
- ★ DRINK
- ★ HEALTHY
- ★ ENERGY
- ★ BODY
- ★ CLEAN
- ★ FRESH



### HOW WILL YOU STAY HYDRATED?



Write or draw three ways you will remember to drink more water every day!

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



YOU'RE DOING AMAZING!



Small sips today = a healthier, happier **YOU** tomorrow!



# GET MOVING, FEEL AMAZING!

Moving your body is fun, great for your health and helps you feel happy and full of energy!



MOVE MORE,  
SMILE MORE!

## MOVE BINGO

Try to get 3 in a row!  
Tick each one when you do it.

 JUMPED ROPE <input type="checkbox"/>	 RIDE A BIKE <input type="checkbox"/>	 DANCED <input type="checkbox"/>
 WENT FOR A WALK <input type="checkbox"/>	 PLAYED A SPORT <input type="checkbox"/>	 PLAYED OUTSIDE <input type="checkbox"/>
 STRETCHED <input type="checkbox"/>	 CLIMBED STAIRS <input type="checkbox"/>	 WENT SWIMMING <input type="checkbox"/>

## HOW DID MOVING TODAY MAKE YOU FEEL?

Tick how you felt after being active.

AMAZING   
  GOOD   
  OKAY   
  TIRED   
  NOT GREAT

What did you do?

Why do you think it made you feel that way?

## MY FAVOURITE WAYS TO MOVE

Draw or write your top 3 favourite ways to move your body!

- 
- 
- 

## MOVE MORE CHALLENGE!

Choose a daily movement goal for this week.  
Tick each day when you reach your goal!

10 MINUTES EVERY DAY   
  20 MINUTES EVERY DAY   
  30+ MINUTES EVERY DAY

MON    
 TUE    
 WED    
 THU    
 FRI    
 SAT    
 SUN

YOU'VE GOT THIS!

# CHECK IN, CHILL OUT, SHINE BRIGHT!

When we check in with how we feel,  
take time to **chill** out and care for ourselves,  
we can **shine bright** every day!



## EMOTION CHECK-IN

How are you feeling right now?  
Colour or circle your feeling.



HAPPY



CALM



OKAY



WORRIED



SAD



TIRED



ANXIOUS



EXCITED

What is making you feel this way?

\_\_\_\_\_

## MY CHILL OUT TOOLKIT

What helps you chill out when you  
feel big feelings? Draw or write your ideas!

\_\_\_\_\_



## MINI ME-TIME PLAN

What is one small thing you can do  
for yourself today?



WHEN? \_\_\_\_\_



WHERE? \_\_\_\_\_



WHAT WILL I DO? \_\_\_\_\_

I will take time for me because I deserve it!

## TODAY I WILL...

Write or draw three kind things  
you will do for yourself today.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



### TAKE CARE, YOU'VE GOT THIS!

Be kind to yourself,  
you are doing **amazing!**





















