

Reflection Journal



Students can use the Act Belong Commit Journal to keep track of all things wellbeing.

The Journal encourages students to think, question, write, draw and dream. It also helps students take time to consider how they can live a mentally healthy life by staying active, connecting with others, and doing something truly meaningful. That's the message of Act Belong Commit.

The reflection Journal includes mindful colouring, a mood diary, weekly planner and lots more.

Resources required:

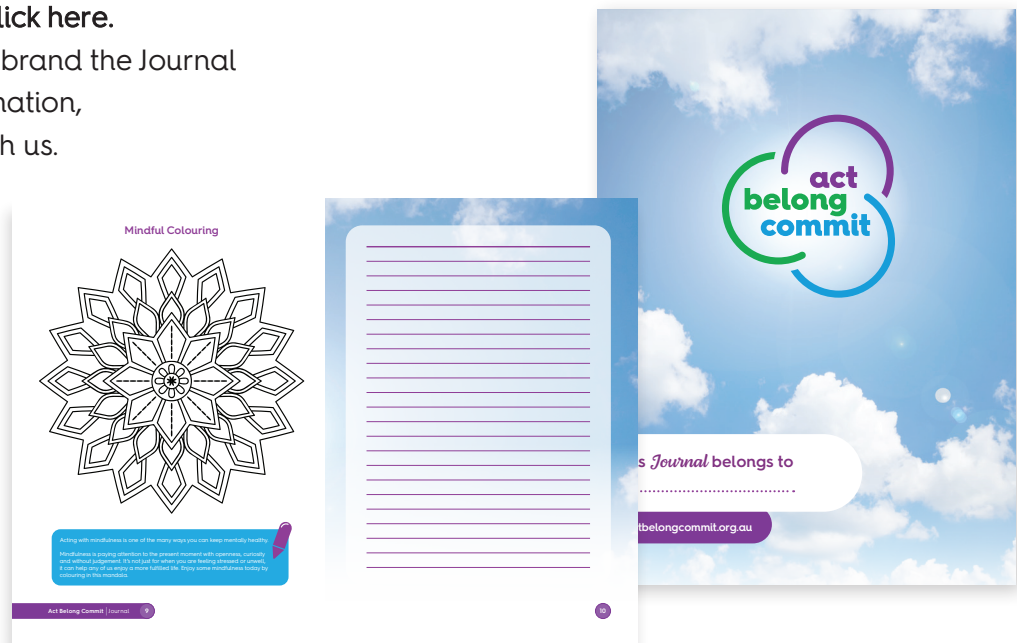
- Ordered Journals
- Pens and colouring in markers

Steps:

1. Encourage students to use information in the inside cover of the Journal to gain an understanding of Act Belong Commit.
2. Ask them to write out what they do for their wellbeing and what they could start doing more of
3. Get them to plan these activities in the weekly planner
4. Ask them to fill out the mood diary prior to doing an activity then after
5. Let them colour, write song lyrics, write down things they want to cook, set goals.

To order the Journal, [click here](#).

If you would like to co-brand the Journal with your school information, please get in touch with us.



There are lots of things we can do for our mental health and wellbeing.
Find out more at actbelongcommit.org.au