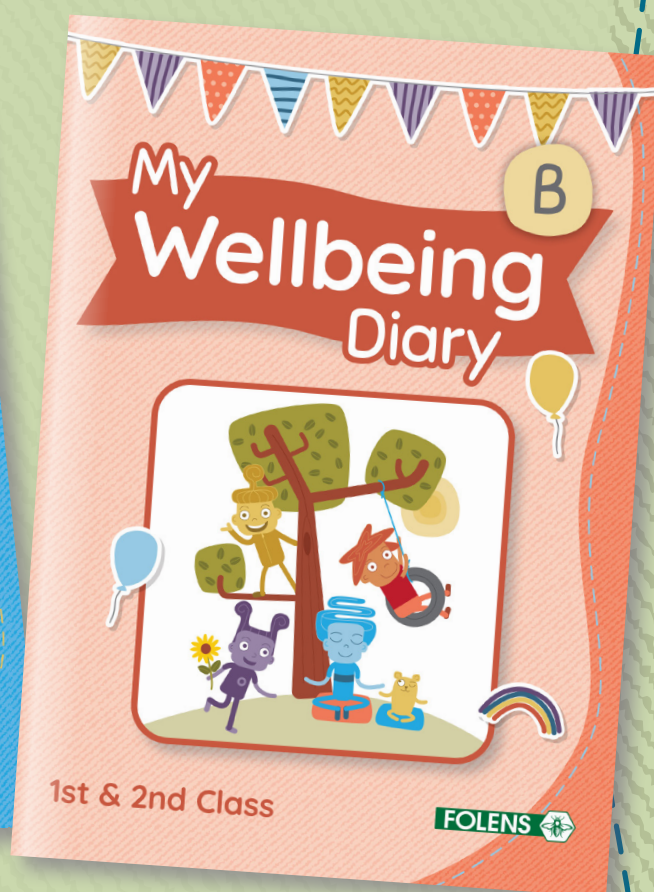
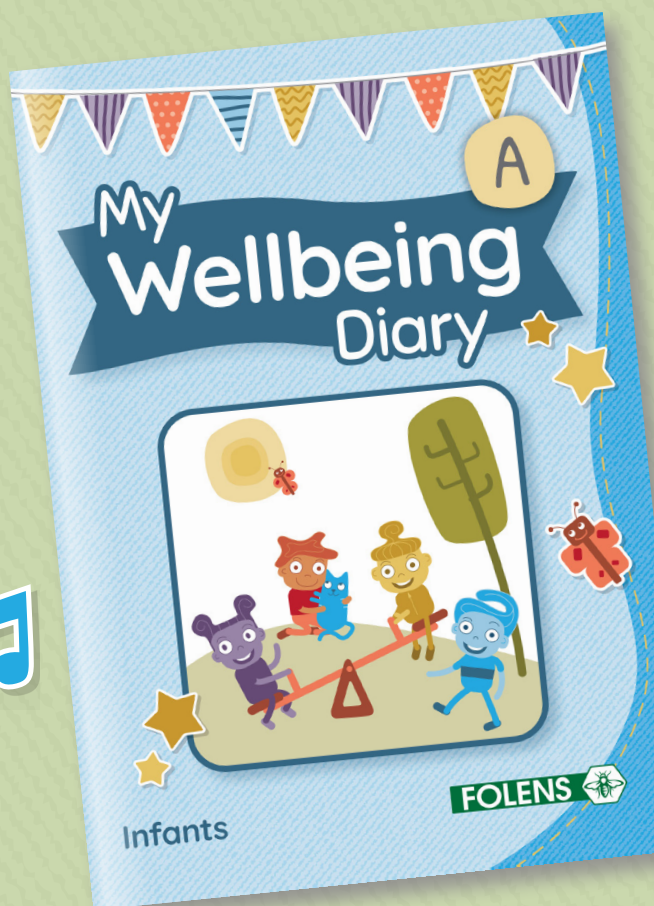


# My Wellbeing Diary



Developing children's emotional literacy



*My Wellbeing Diary* is an evidence-based programme designed to develop children's resilience, social-emotional skills and promote healthy attitudes to sleep, food and exercise.



Available now for  
Junior Infants to 2nd Class.  
3rd-6th Class  
launching next year!





## My Wellbeing Diary includes:

**Pupil Book** with daily diary entries that require children to identify how they feel on a particular day. As well as special learning modules such as developing a 'growth mindset'.



September: All About Me! (pp. 4–5)  
October: Things I Am Good At (pp. 14–15)  
November: What Makes Me Happy? (pp. 24–25)  
December: Being A Good Friend (pp. 34–35)  
January: I Can Do It! (pp. 44–45)  
February: Understanding My Body (pp. 54–55)  
March: Trying My Best (pp. 64–65)  
April: Eating Well (pp. 74–75)  
May: Moving (pp. 84–85)  
June: Noticing My Thoughts (pp. 94–95)



**10 learning modules** covering each aspect of wellbeing – one for each month from September to June.



**Videos** to support the development of mindfulness, including Belly Breathing, Body Scan and Thought Diffusion.



A **Teacher's Guide** with curriculum mapping and detailed lesson plans as well as PowerPoint presentations to support the teaching of each learning module.

Have a closer look inside the diaries on [Folens.ie](http://Folens.ie)  
To order class sets talk to your local Folens Rep.  
Available in school book shops nationwide.

