



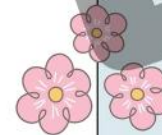
MINDFUL ME:
MY PRESCHOOL JOURNAL

Justin Anderson



MY MOOD TODAY

Today I feel...



Happy because Monica is here to play with me!



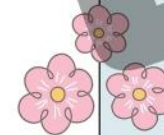
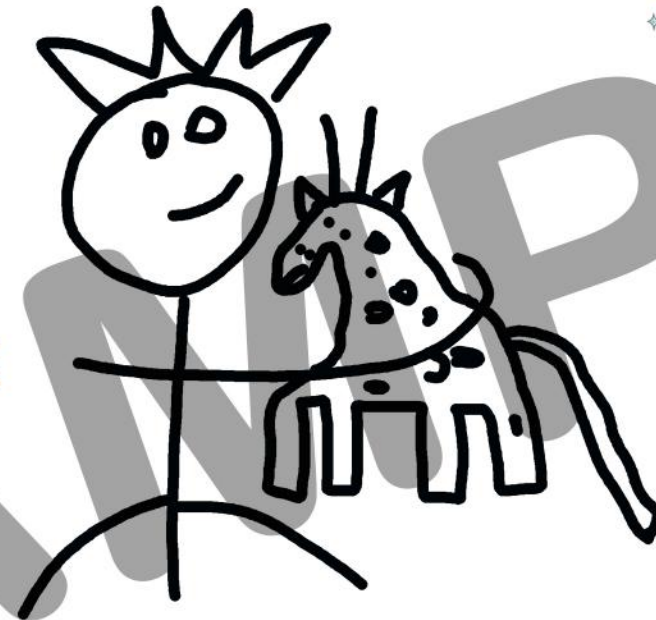
EYLF LINK: Outcome 1.1—Children feel safe and supported.





BREATHING BUDDY TIME

I layed down with my breathing
buddy and felt...



Safe. I love to cuddle my giraffe.



EYLF LINK: Outcome 3.2—Children take increasing responsibility for their own health and well-being.



I NOTICED

Today I saw/heard/smelt...



Buzzing bees



Popcorn popping



Vanilla



EYLF LINK: Outcome 4.4—Children resource their learning through sensory exploration.



I WAS KIND WHEN

I was kind when I...

✦ Held Monica's hand down the slide
and we went fast.



EYLF LINK: Outcome 1.4—Children learn to interact with care and respect.

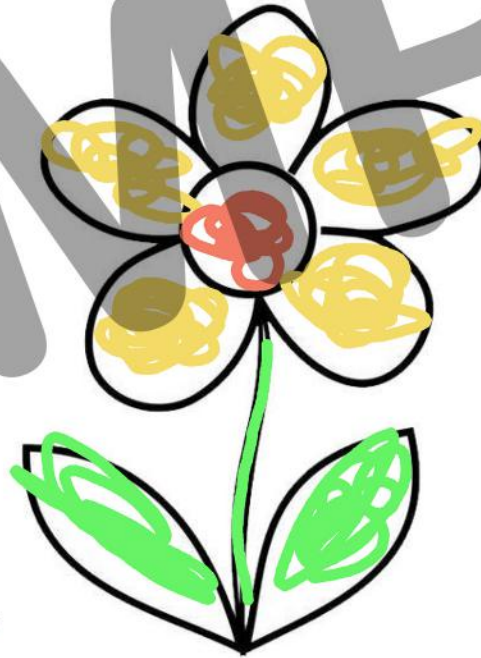




GRATITUDE GARDEN

What I liked about today was...

It was sunny outside and we played
outside for a long time.



EYLF LINK: Outcome 2.1—Children develop a sense of belonging
to groups and communities.





COLOUR ME CALM

Breathe in.... Breathe out....



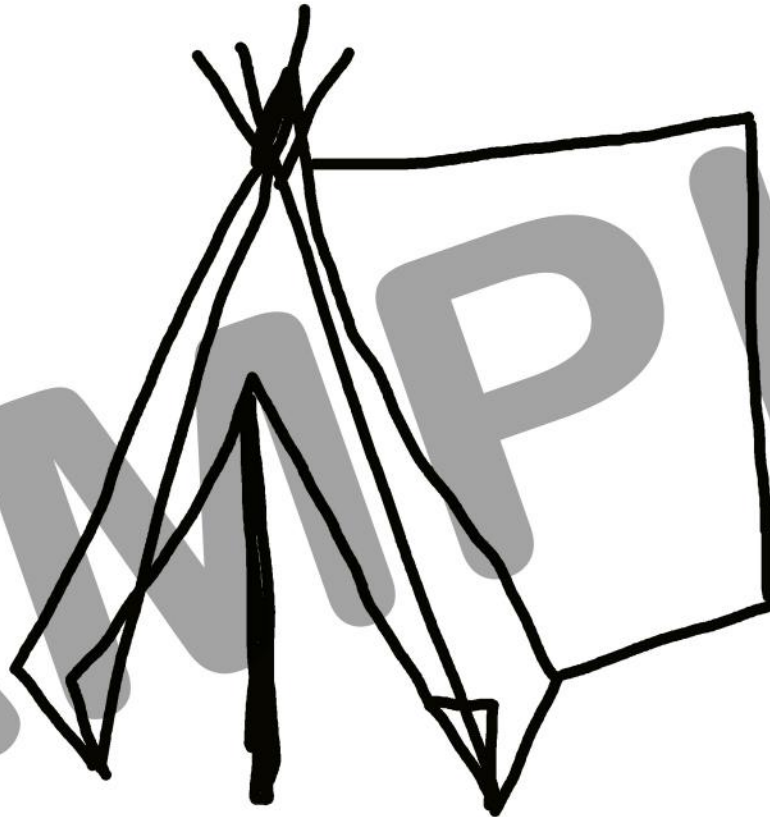
EYLF LINK: Outcome 5.2—Children engage with a range of texts and gain meaning from these texts.





MY CALM SPACE

A place that makes me calm...



My tent!

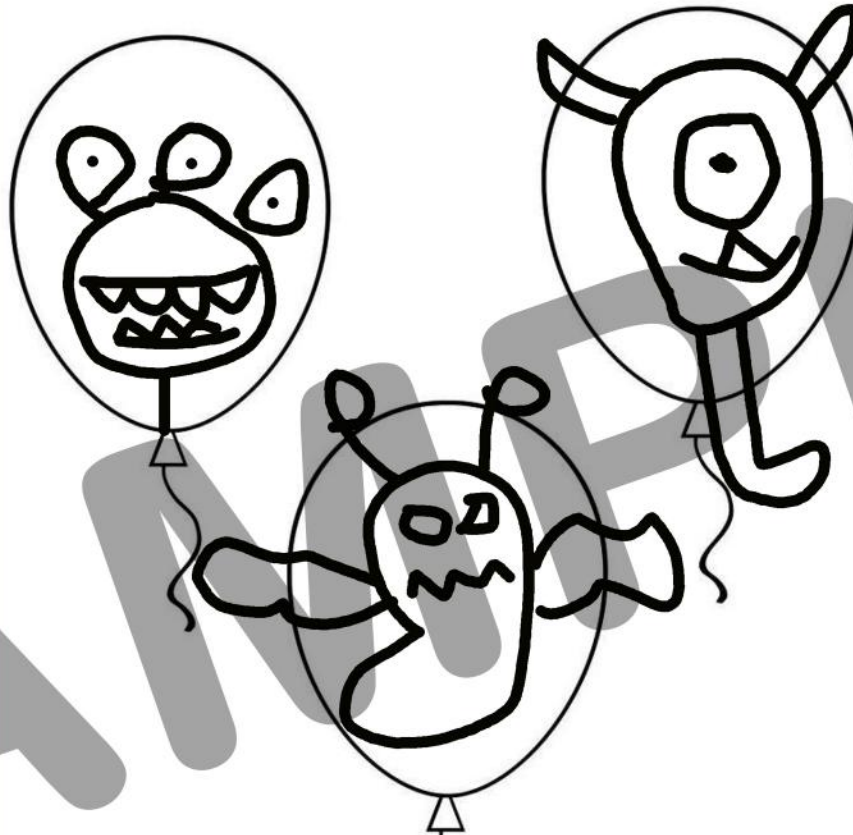
EYLF LINK: Outcome 1.3—Children develop knowledgeable, confident self-identities and a positive sense of self-worth





LET THEM FLOAT

Letting my worries go...



I am not scared of monsters. They just look silly.

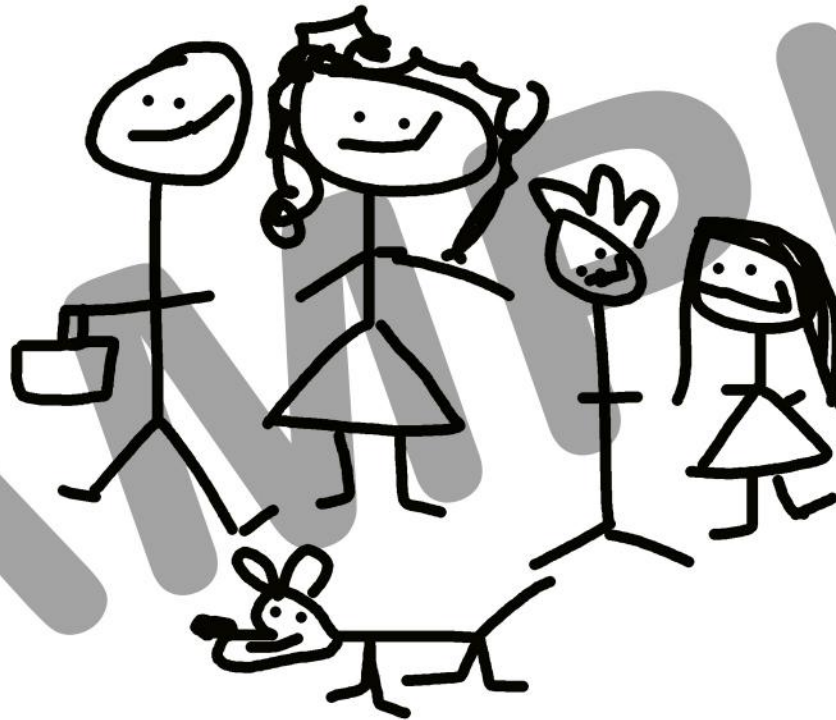
EYLF LINK: Outcome 3.1—Children become strong in their social, emotional, and mental well-being.





HAPPY PLACE DRAWING

This makes me happy...



My family and Flippa, my dog!

EYLF LINK: Outcome 3.1—Children become strong in their social, emotional, and mental well-being.





POSITIVE THINKING

I AM STRONG

I AM HAPPY

I AM BRAVE

I AM KIND

I AM LOVED

EYLF LINK: Outcome 1.3—Children develop knowledgeable, confident self-identities and a positive sense of self-worth.

