

Name \_\_\_\_\_

Date \_\_\_\_\_



MENTALLY  
★ WELL  
SCHOOLS



you've  
-GOT-  
this!

# Checklist of Skills I've learned so far:



Instructions: Keep track of how skilful you're being! Put a tick, a smiley face, a star  or a heart  in the rectangle each time you practise a skill.

## Mindfulness skills - to bring attention to present moment:

Hand mindful breathing



*breathe*

Triangle breathing with belly breathing




Belly breathing on its own



*breathe*

Mindful hands



and feet




Worry Time daily - worrying mindfully and saving worries up for it




Try not to judge my emotions, or myself, or other people (notice "should"s and "should not"s)



## Other skills:

Gratitude - write 3 things daily to be thankful for




Recognise where my brain is on the Brain Smoke Detector Scale (1, 2 or 3)




Recognise how it feels in my body when I feel worried / scared




Notice & name my emotions.

**I feel...**

Check what I can and can't control, and focus on things in my control

