

**OUR SCHOOL
HAS LOVE
NO VIOLENCE
DIARY
FOR STUDENTS**



Co-funded by the
Erasmus+ Programme
of the European Union

WHY KEEP A DIARY?

Writing a diary is more than just a way to document your days. It's a practical tool for nurturing your growth and development. It offers numerous benefits for you, both personally and academically.

WRITING A JOURNAL WILL HELP YOU ...

- improve brain activity and creativity
- boost mood and self-esteem
- reduce stress, worries, and regrets
- help develop stronger relationships
- improve quality of sleep
- encourage positive behavior
- improve decision making ability



TUNING IN WITH YOUR FIVE SENSES

Use the 54321 grounding exercise to help you focus on the present moment and tune in to what is happening around you.

5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE



PAY ATTENTION ACTIVITY



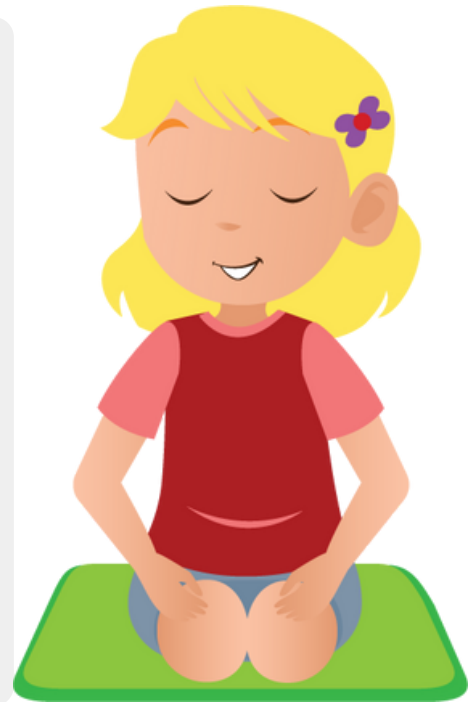
Practice mindfulness while gardening. Ask an adult to guide you on sowing seeds, watering seedlings, or pulling weeds.

Practice being fully present by turning your attention to the sights, sounds, smells, and textures of the gardening task at hand.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

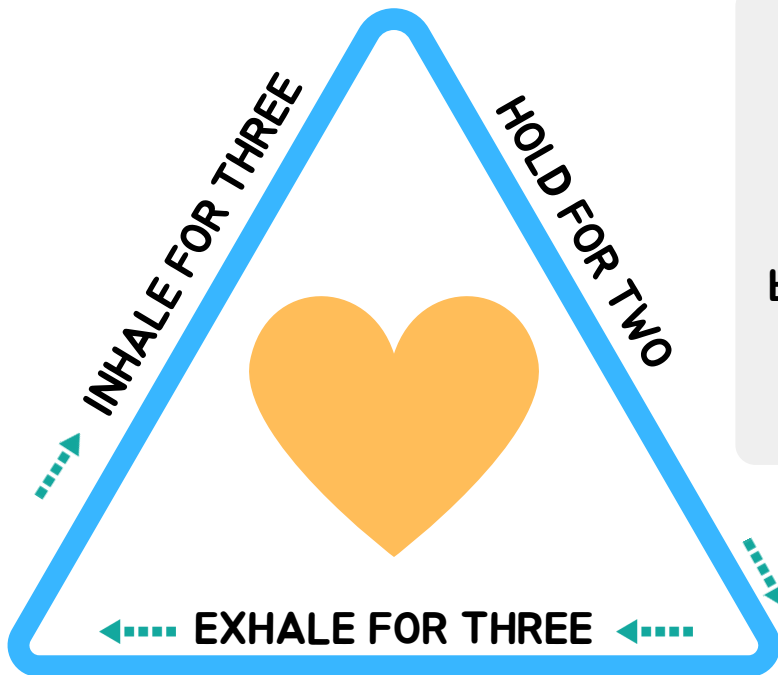
INHALE, EXHALE ACTIVITY

Sit straight on a chair or on the floor. Keep the back and the shoulders relaxed. Close your eyes. Breathe mindfully for five minutes. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you inhale, you breathe in love, joy, and peace. As you exhale, you breathe out sadness, boredom, anger, and tiredness.



What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

CALM YOUR BODY

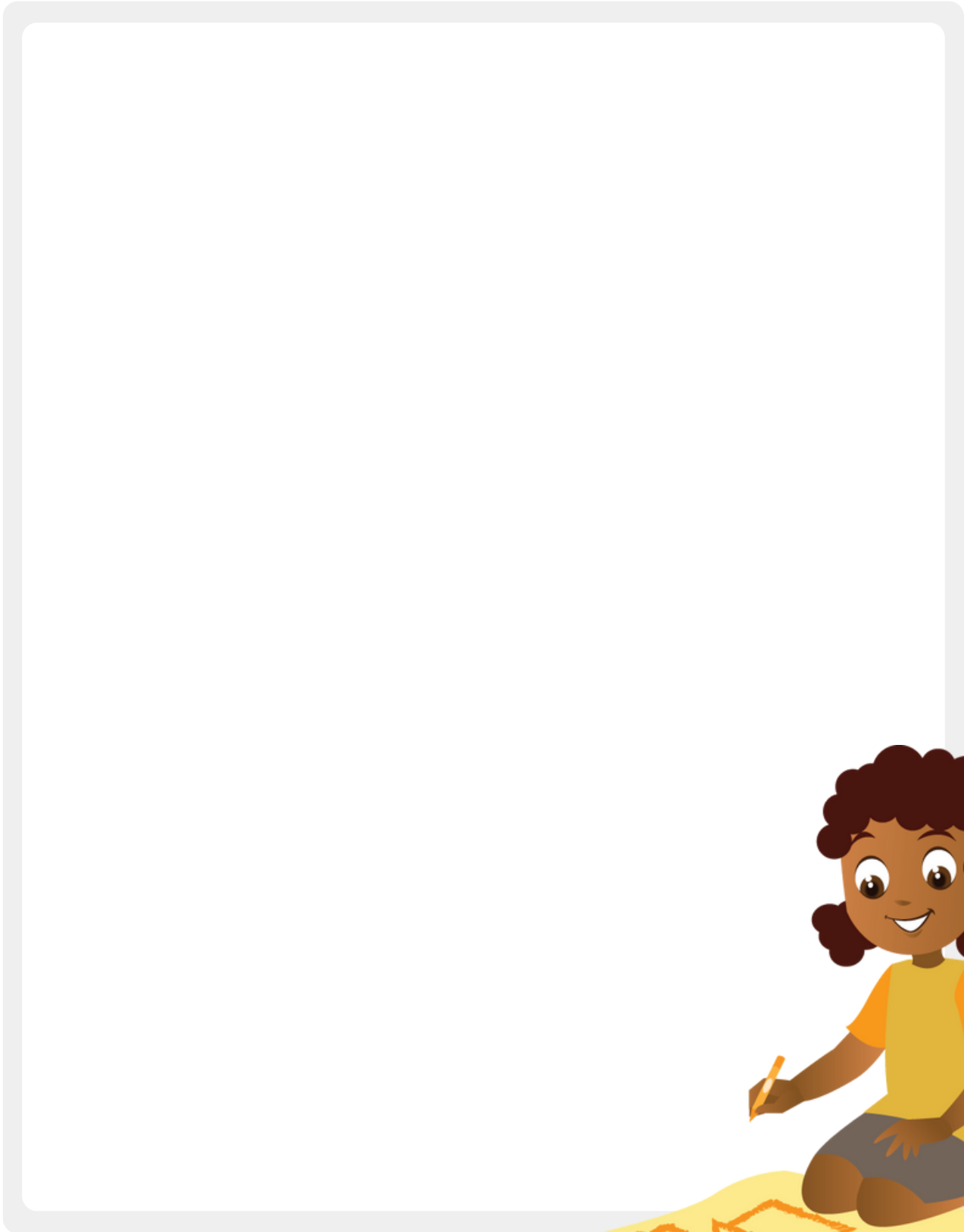


Practice paying attention to your breath to calm your body. Take full breaths by tracing the lines with your finger as you breathe in and out.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

YOUR THOUGHTS

Write or draw any thoughts that keep coming up.



FEELING JOY

Write down five things that make you feel joyful.

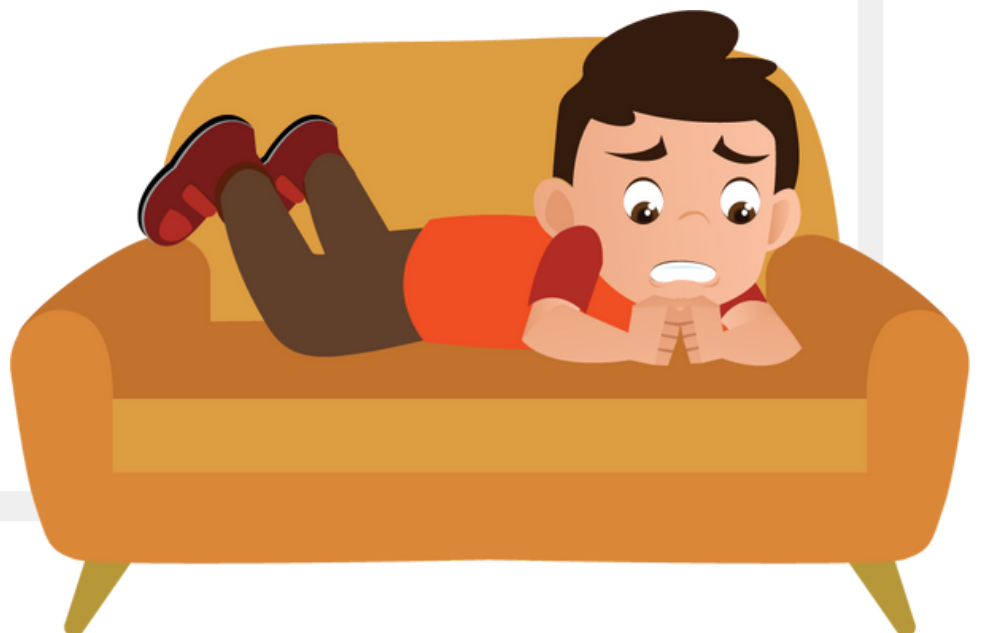
Describe your happy place.

What do you see, hear, feel, and smell in your happy place?



YOUR WORRIES

Write down all of your worries that keep coming up.



DAILY REFLECTION

Date: _____

Three moments you'd like to remember:

--	--	--

One thing that inspired you:

--

One thing that surprised you:

--

One person who made you smile:

--

One thing you accomplished:

--



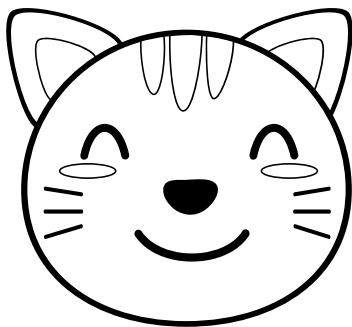
DAILY REFLECTION

Date: _____

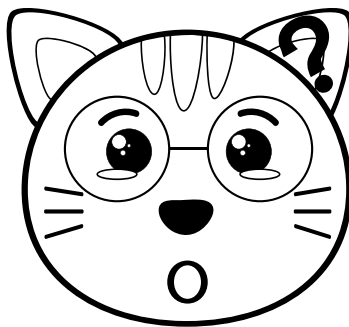
Things you are thankful for today:

The most challenging part of your day was:

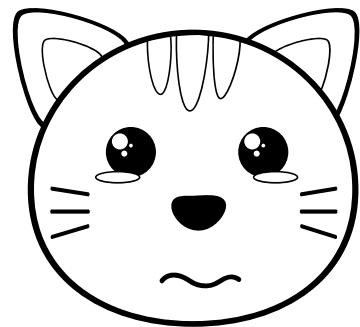
Color in your current mood:



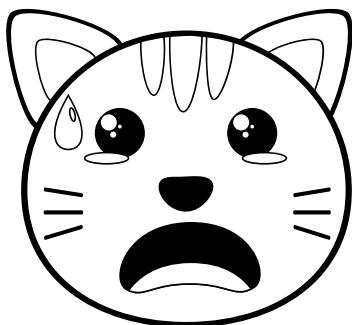
happy



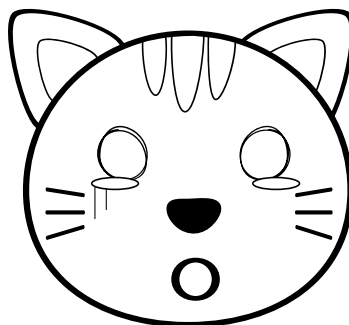
confused



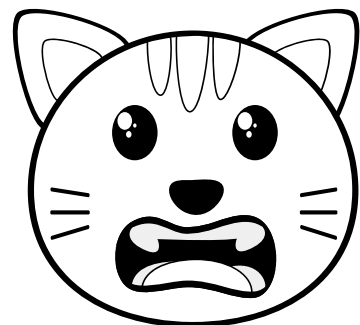
sad



scared



tired



upset