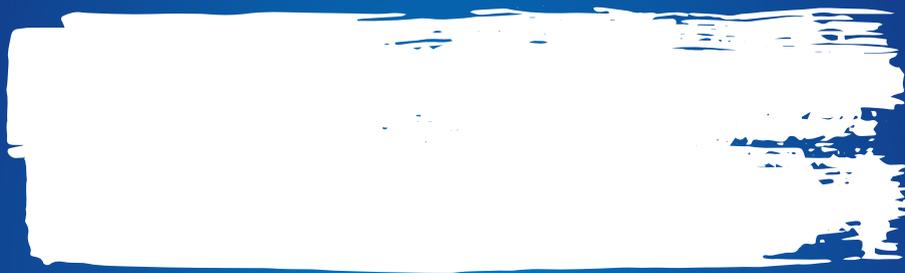


Wonderful Me!

A self-guided journal for 9-13 year olds in the
City of Logan



This journal belongs to:

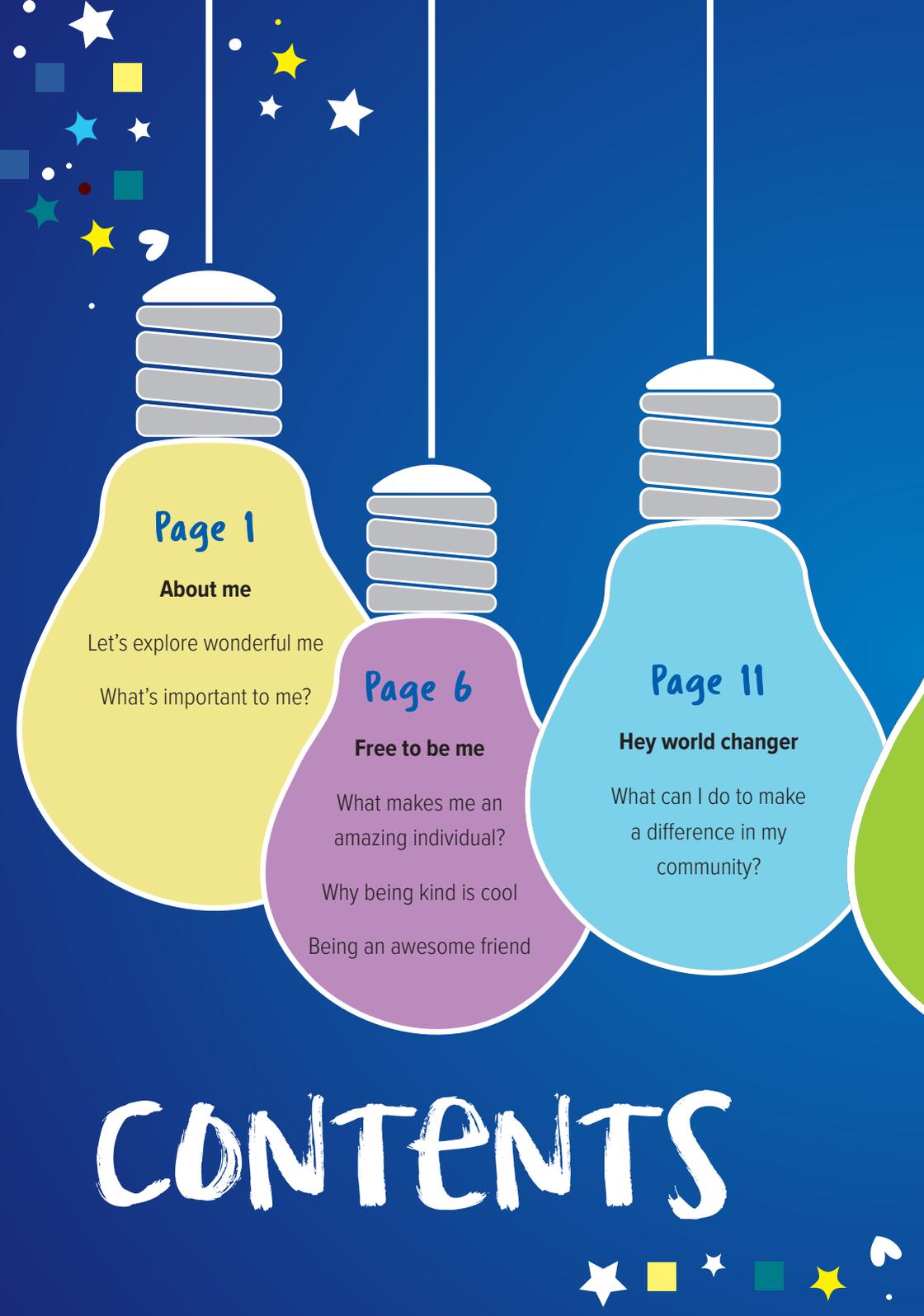


About Wonderful Me!

Wonderful Me is a guided journal for you to explore more about yourself. Wonderful Me lets you be in charge of your own journey. It invites you to dream for the future, make things, do things and be the change in your world.



Disclaimer: This book is not intended as a substitute for the medical advice of a doctor or mental health professional. The reader should regularly consult a General Practitioner in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. This book was informed by service providers and organisations in the city of Logan whom of which we thank for their contributions. Logan City Council expressly disclaims all and any liability to any person or body for any direct or indirect injury, loss or damage incurred by use of, or reliance on, the information provided.



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What makes me an
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**For the parents/
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About Me

Let's explore wonderful me
What's important to me?



You are the

most talented,

most interesting,

most extraordinary

person in the universe

— you are capable of

amazing things.



● Emmet, the Lego movie

Fill in the blanks about you

Something I love doing:

Something my friends and family are proud of about me:

I am most proud of myself when:

Someone who loves me:

Something I am great at:

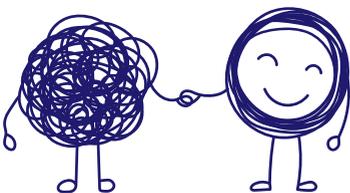
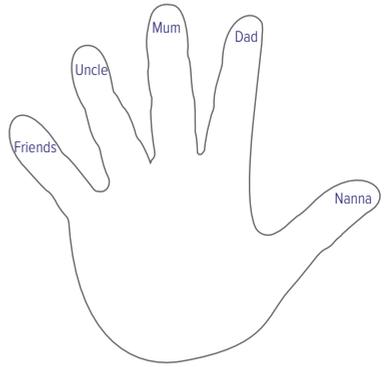
Something that makes me unique:

My favourite thing about myself:

Helping hands

Trace around your hand below. In each of your fingertips write down the name of a person who you can talk to when you are not feeling ok.

Here's an example..... Now try it yourself!



What's important to me?

Circle or colour in the squares below that are important to you.
Then write down your own ideas in the blank spaces.

Finding out what is important to you can help you see what is
unique and special about you.



Cooking

Culture

Taking care of the
planet

Spending time with
friends

Being with family

Being kind to others

Playing sport

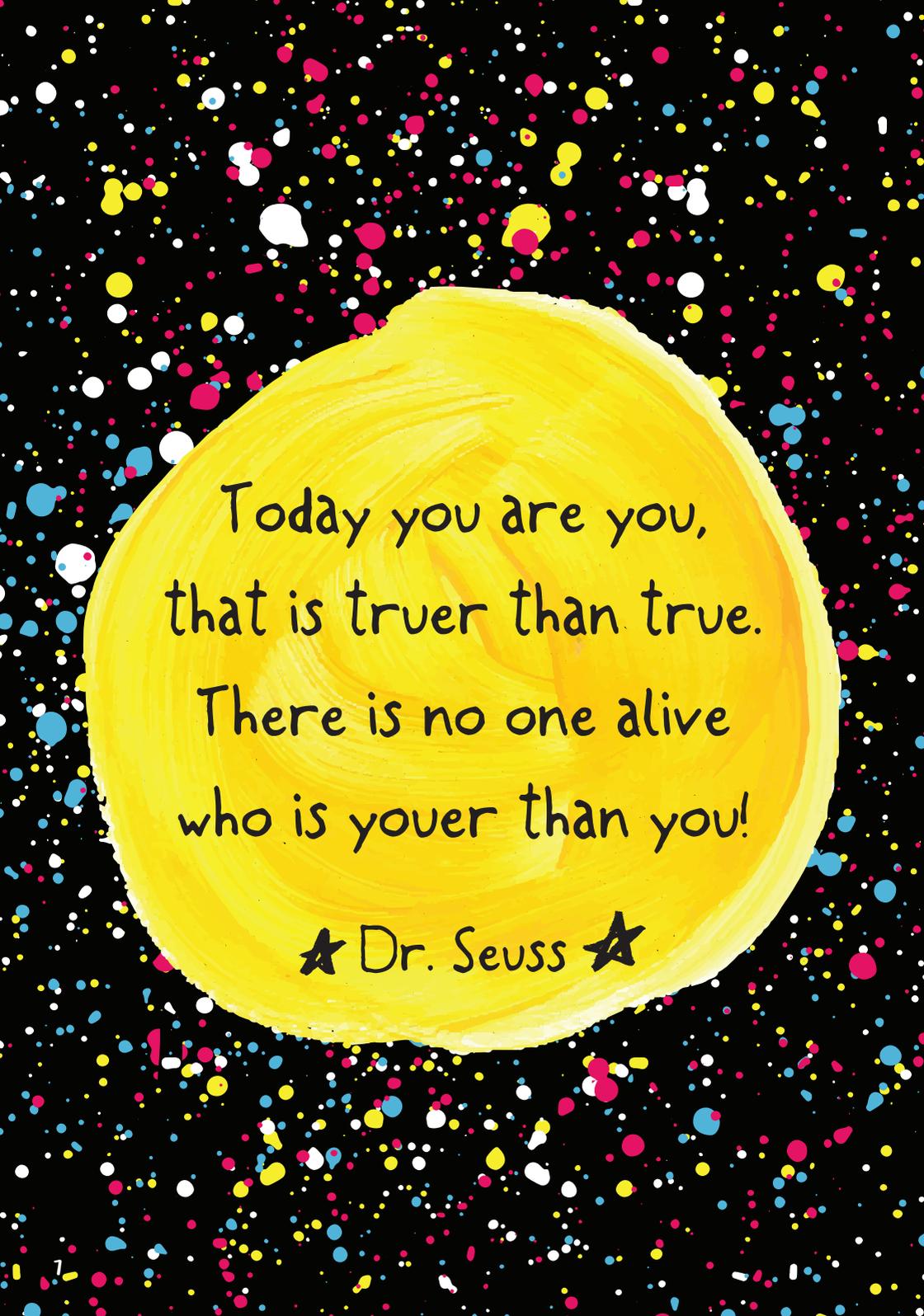


FREE TO be ME

What makes me an amazing individual?

Why being kind is cool

Being an awesome friend

A large, hand-painted yellow circle with visible brushstrokes is centered on a black background. The background is filled with numerous small, colorful dots in shades of white, yellow, pink, blue, and green, resembling confetti or a starry night sky. The text is written in a simple, black, sans-serif font within the yellow circle.

Today you are you,
that is truer than true.
There is no one alive
who is youer than you!

★ Dr. Seuss ★

Being You-Nique

It is ok to be the person that you are!

You are the only you and that makes you special and unique.

Write down six things that make you, **You!**



1.

2.

3.

4.

5.

6.

It's cool to be kind

You can be kind in all sorts of places. Choose to be kind at home, in school, while playing online games, on social media and when with friends.

Circle or write in the blank spaces things that you can do to be kind this week.

Invite someone
to sit with you

Offer to help
someone

Say
something
nice to
someone

Do something
for your
neighbour

(ask for help
from your
parent)

Tell someone
why they are
special to you

What are the qualities of a good friend?

Colour in the words below that are important to you in a friendship. In the spare boxes write some more words that are important to be a good friend.

Loyalty		Caring	
			Not judgemental
Kindness			
	There for you		
Funny			Helpful
Accepting of me		Trustworthy	
	Someone you can count on		
			Honest
	Someone you can talk to	Supportive	

Great work! It's really important to treat your friends the way you would like to be treated. Let's treat everyone equally and celebrate what makes us different.



HEY WORLD CHANGER

What can you do to make a difference
in your community?



If you can
dream it you
can do it

- Walt Disney -

I love Logan City

The City of Logan is so lucky to be a really diverse place. This means that it has lots of people from all kinds of backgrounds.

Did you know that Logan has around 234 different nationalities? This means that people from all around the world live here!



What can I do in the community?



In Logan there are loads of ways that you can have fun in your community.



Parks and Playgrounds

Did you know there are over 973 in Logan?



KRANK School Holiday Program

Free and low cost fun school holiday activities



Logan Art Gallery

See amazing art or make your own – for free!



Active & Healthy

Free and low cost health and wellbeing activities



Community Gardens

Grow your own plants



Community Centres

Somewhere to try new activities in your community



Logan City Libraries

Visit the library to use a computer, try a workshop or to find your next great read, watch or listen



Sporting Clubs and Aquatic Centres

Try out a new sport or go for a swim at a club or centre near you

For more information on any of these check out Council's website logan.qld.gov.au or phone Logan City Council on **3412 3412**. *If you need help accessing these websites, ask an adult you trust to help you out.



In the City of Logan there are many places and services you can go to chat with someone or to chill out.

Where are three places you can go to chill out or relax in your community? Write them below.

1.

2.

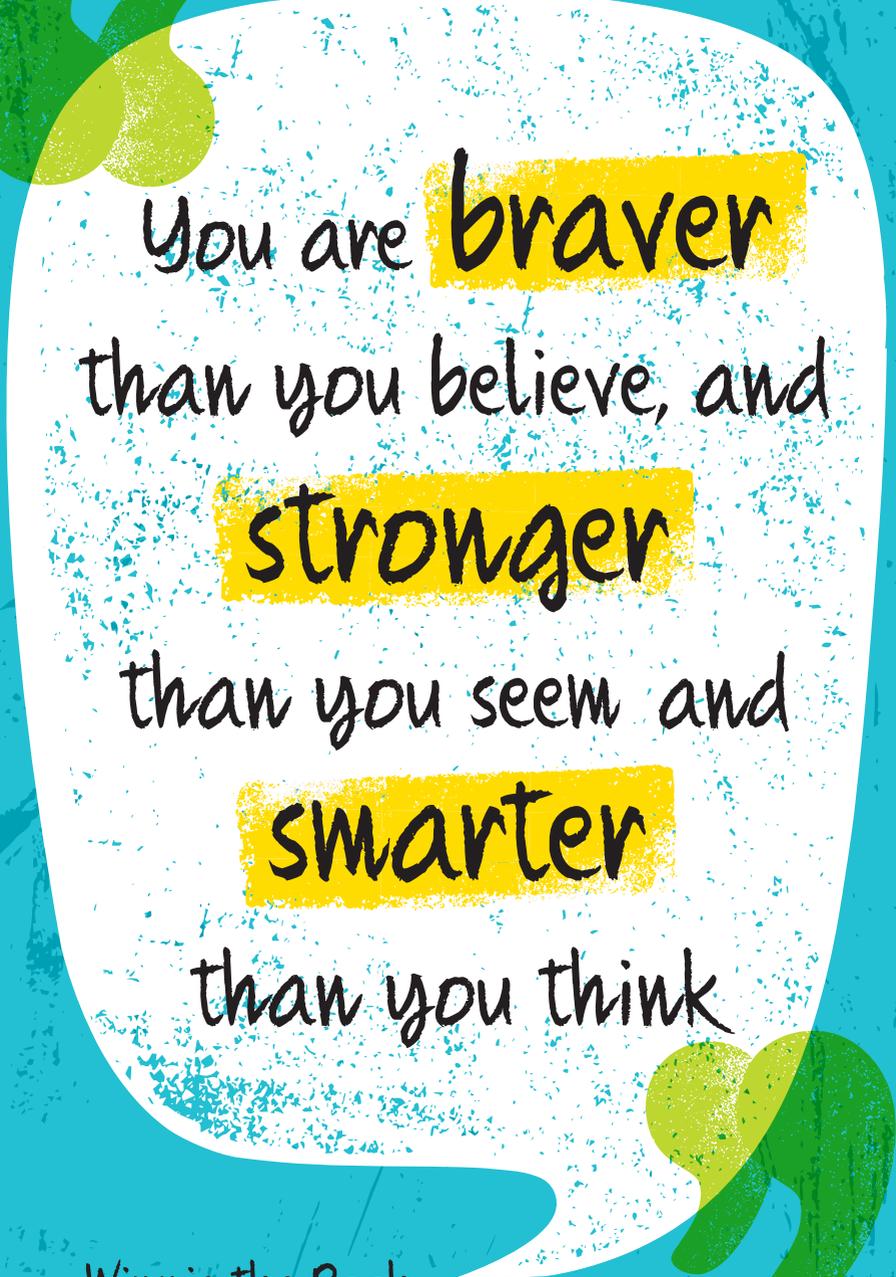
3.





**HEY YOU!
YOU CAN
do it!**

Dealing with life when it's all a bit much



You are **braver**
than you believe, and
stronger
than you seem and
smarter
than you think

Winnie the Pooh

Dealing with hard times

Often in life you can feel like nothing is going your way. Sometimes you need to take a moment and reflect on how you are feeling and take some time for yourself.

In this chapter you will discover some different ways to cope when everything is getting too much.



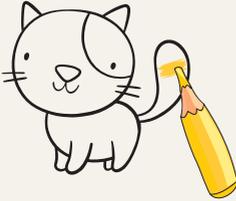
If you need help with any issues you are having please visit page 44 to see who you can talk to about it. You can also talk to the people you put on your hand in page 4 about what is going on for you.

Keeping calm

Below are some ideas of things you can do to keep calm when you get angry, feel scared, sad or worried. Circle the things below that you already do or that you could try.



Play with pets



Do a colouring in



Visit your local library and read a book



Draw a picture



Talk to someone you trust about it



Listen to music



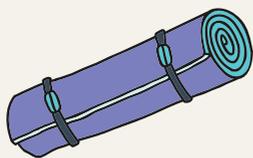
Move your body or exercise



Go for a walk



Have a healthy snack



Try out a new activity like yoga at a community centre



Hang out with your family and friends



Visit your local park



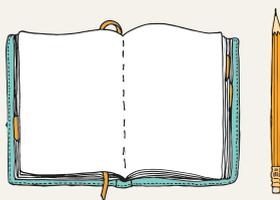
Have a big stretch



Try some mindful breathing



Talk to a grown up at your school about what's going on and ask for help



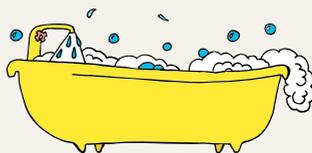
Write down your feelings in a journal



Take a quick nap



Do some drumming



Have a bubble bath



A mindfulness activity

Mindfulness is about being present in the moment and can help you learn to calm down, refocus and relax.

Take your time on this activity and give it a try with some relaxing music in the background.

1. Get into a comfortable sitting position or lay down and close your eyes.
2. Breathe in slowly and imagine you are watching the waves of the ocean come into shore.
3. Now breathe out slowly and imagine the tide of the ocean going back out to sea.
4. Try doing this for 10 deep, slow breaths.
5. If you lose focus, that's ok! Try and gently bring your focus back to your breathing. Do this for as long as you need to so that you can feel more relaxed.

Bonus activity

Create your own glitter jar for mindfulness

What you need:

- > An empty bottle or jar with a lid
- > 1 cup of warm water
- > 2 tablespoons of glitter glue
- > 3 tablespoons of glitter
- > A few drops of food colouring (optional)



Step one: Add half of water to jar

Step two: Pour glitter glue into jar

Step three: Add extra glitter to jar

Step four: Add remainder of water to the jar leaving some space at the top

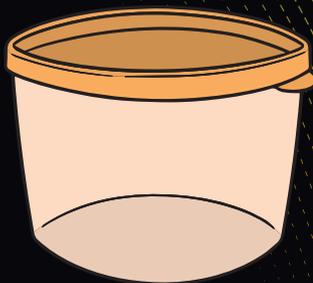
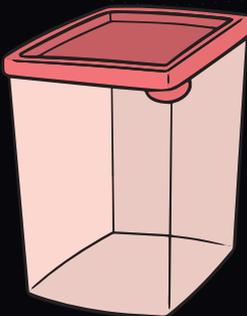
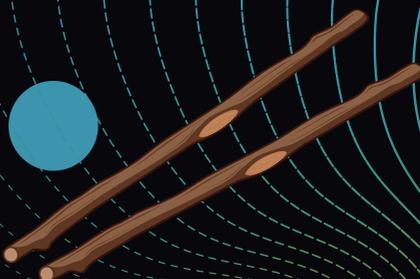
Step five: Add the food colouring (optional)

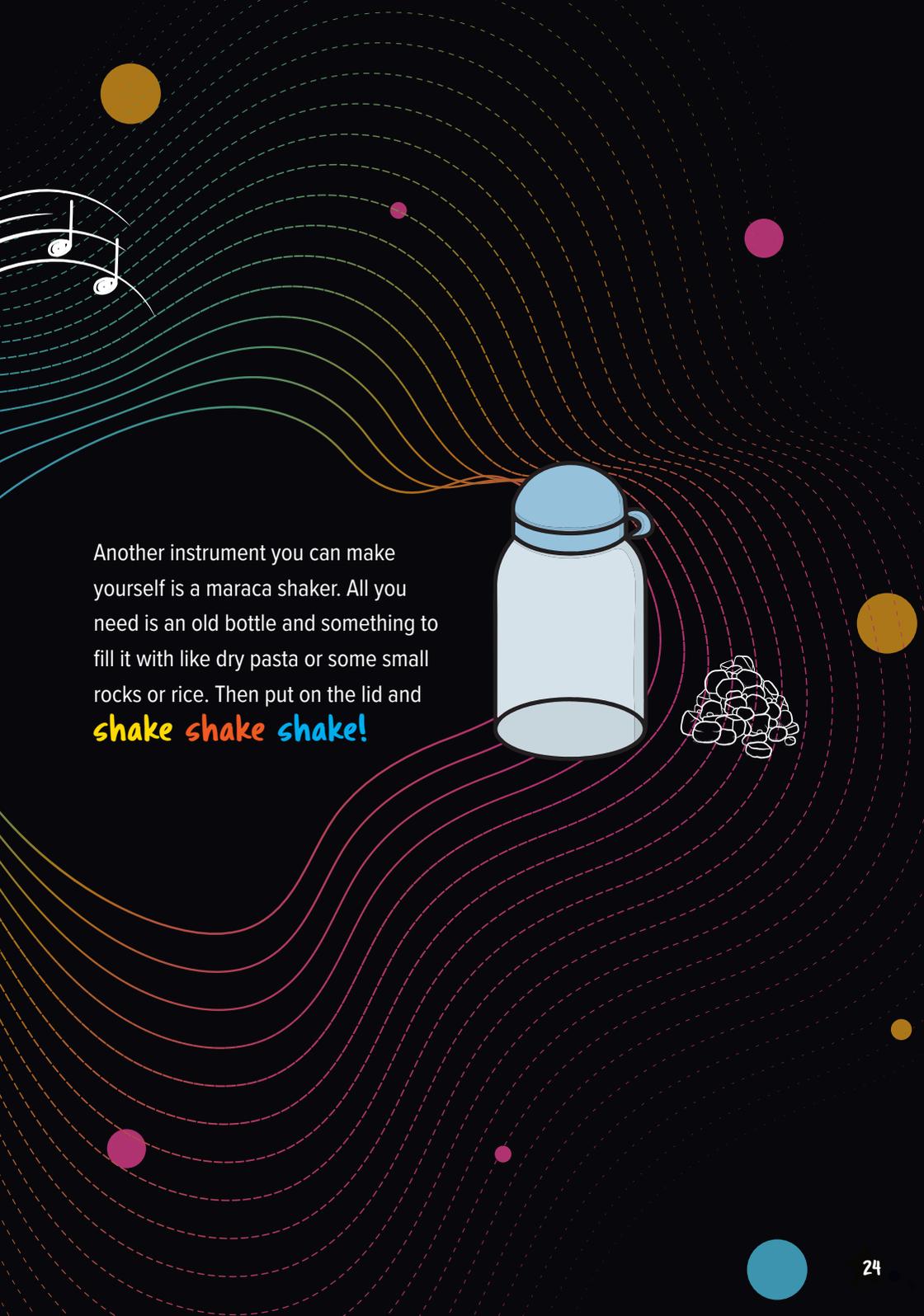
Step six: Put lid on and shake up your new glitter jar

Make your own mini drum kit

Drumming or playing an instrument can be a creative way to help you feel calm and relaxed.

To make your very own mini drum kit all you need is a large plastic container. Flip it upside down and then grab two sticks from outside and get drumming!





Another instrument you can make yourself is a maraca shaker. All you need is an old bottle and something to fill it with like dry pasta or some small rocks or rice. Then put on the lid and **shake shake shake!**



Gratitude journal

Gratitude is being thankful for the things we have. Each day this week, take notice and write down things you are grateful for that day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Bonus activity

Three things you are grateful for about another person:

1.

2.

3.





Mindfulness activities improve your health and wellbeing. There are lots of things you can do to take some time out and engage in mindfulness.

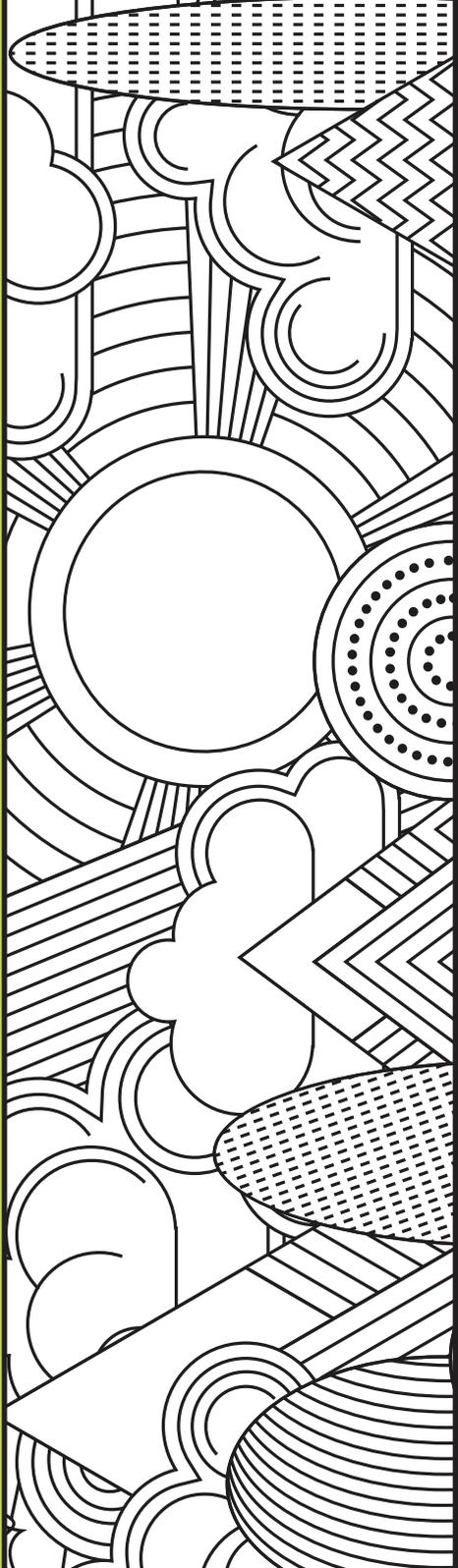
How do you tune out to tune in?

Try these ideas:

- › Play outside
- › Sit under a shady tree
- › Listen to some music
- › Do some deep breathing
- › Colour in or do some artwork
- › Eat some fruit and drink water
- › Imagine your safe place
- › Exercise/run/dance/star jumps

For more ways to Tune Out to Tune In, visit:
logan.qld.gov.au/children-and-youth/programs

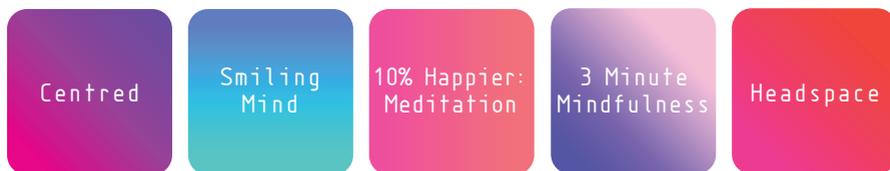
Eheadspace: headspace.org.au/eheadspace



Where can you access more activities like this?

Below are some apps and websites that are available. This list can be used as a start however there are many more available online and through the app store so we encourage you to get exploring!

Meditation and Mindfulness Apps:



Other Apps:

ReachOut Breathe – a free app that helps you to reduce physical symptoms of stress and anxiety

ReachOut WorryTime – A free app that can assist you to set aside time each day to deal with what's worrying you

Websites:

The Brave Program

brave4you.psy.uq.edu.au

Moodgym

moodgym.com.au

Mycompass

mycompass.org.au

Eheadspace

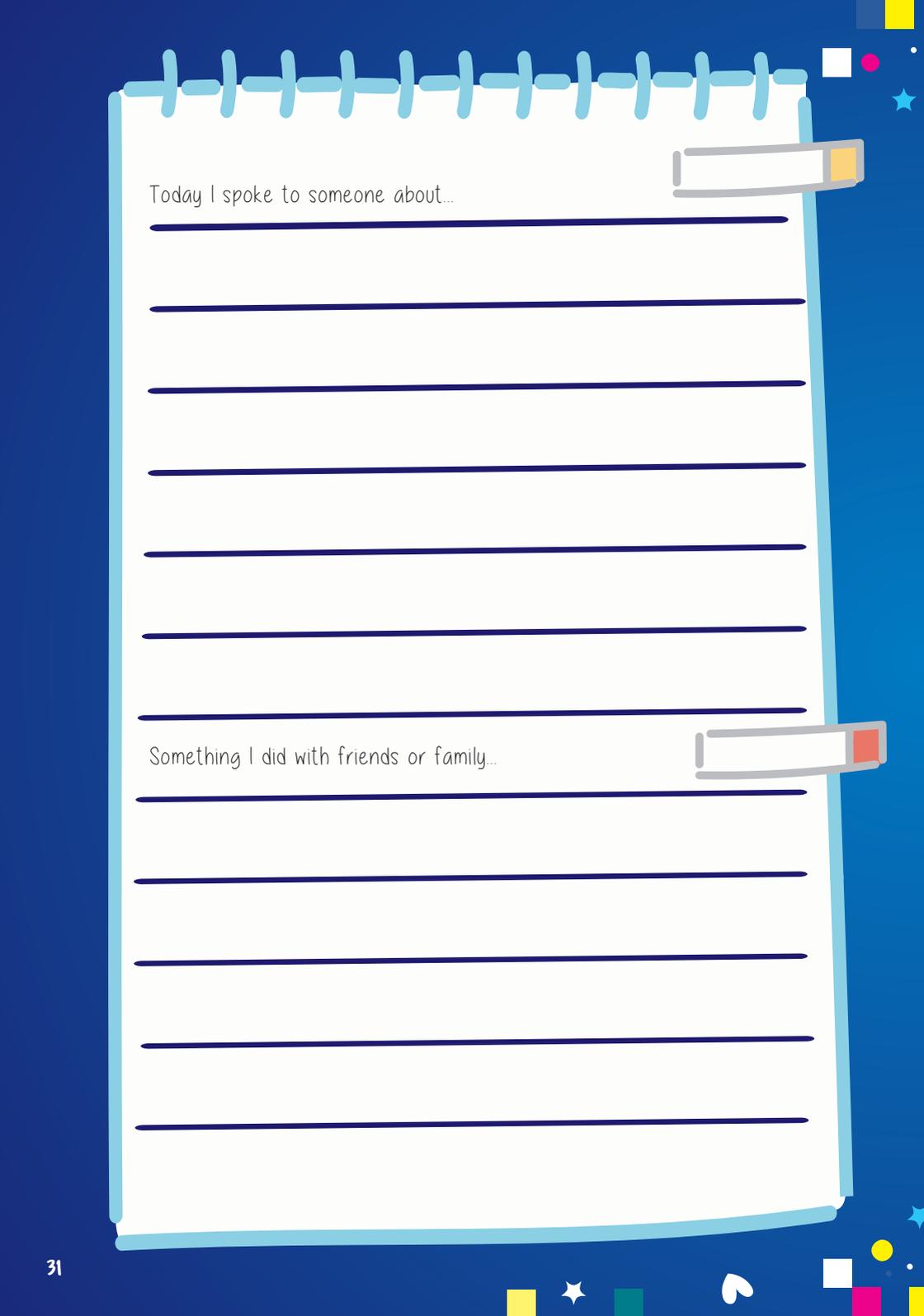
headspace.org.au/eheadspace/

Support for children and families in Logan

logan.qld.gov.au/children-and-youth/programs







Today I spoke to someone about...

Something I did with friends or family...



Something I achieved today...



Tomorrow I will...

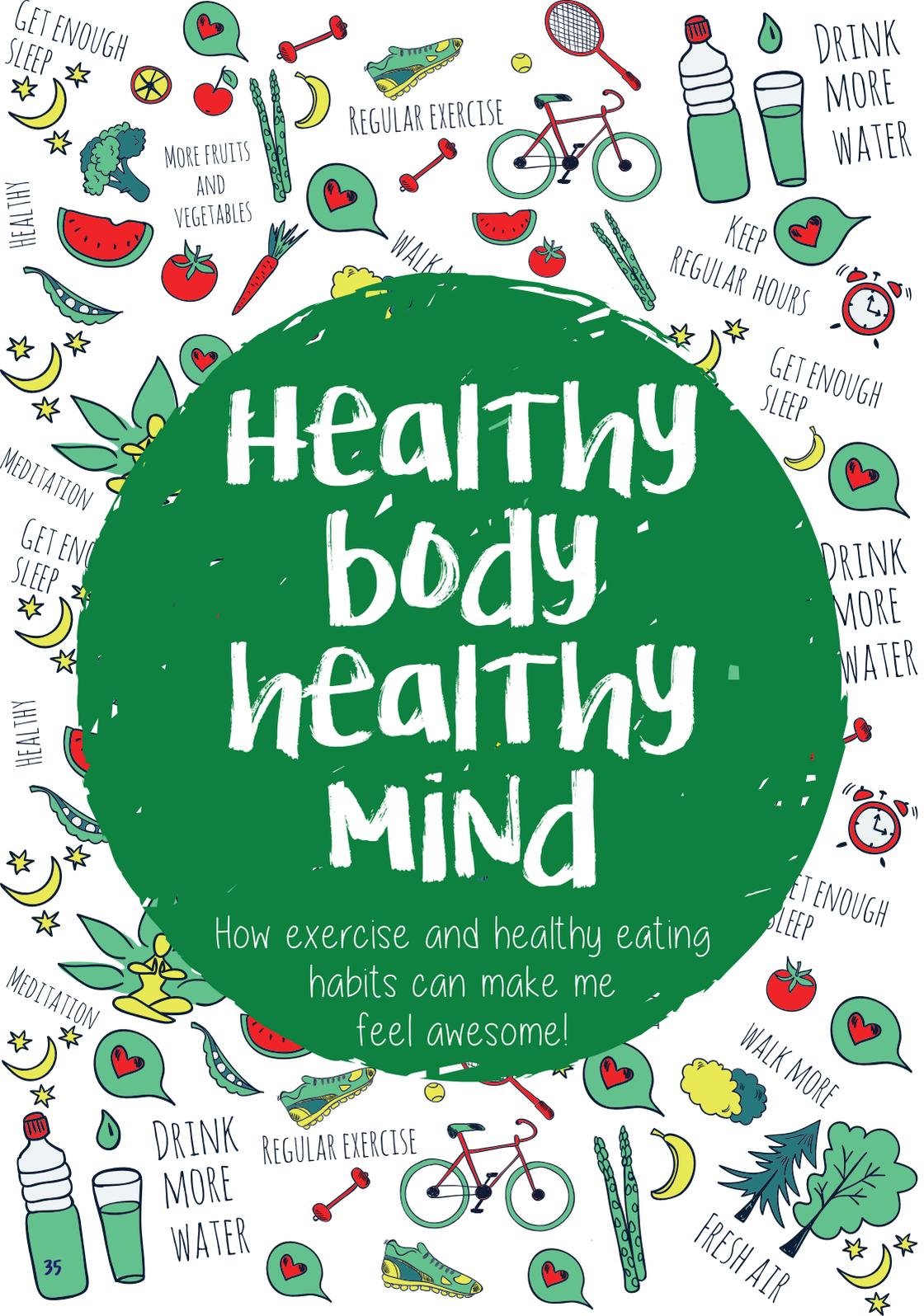






Healthy body healthy MIND

How exercise and healthy eating habits can make me feel awesome!



A stylized illustration of a young girl with short, dark hair. Her hair is filled with a dark, starry night sky, complete with white stars and a crescent moon. She has a serene expression with closed eyes and a slight smile. She is wearing a simple orange top. The background is a light cream color with scattered gold and white stars.

Adventure is out there

Ellie, Up

Healthy body healthy mind

What we eat and how often we move our body can impact how we feel.



Below list your favourite healthy food or snacks:

- 1.
- 2.
- 3.

Your favourite ways to be active:

- 1.
- 2.
- 3.

How many glasses of water did you drink today?

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:



Did you know you are supposed to drink 7 glasses of water a day?

Try this easy healthy recipe at home



All you need is a blender and some fruit!

Ingredients:

1 Banana

A handful of strawberries

1 cup of freshly squeezed orange juice



Method:

1. With the help of an adult, peel the banana and then cut up the strawberries and banana
2. Put all your ingredients into a blender
3. Blend until smooth
4. Serve with ice and enjoy
5. Don't forget the washing up!

A fruity vege wordsearch!

K G K M V Y G G X V G R T B B
 P V C E C R A O X X Y Y J Y A
 X H A B A R H C H Y M O W E N
 E K F P W E M W C K A L E E A
 E L E F Y B J V A S A M O P N
 Q S B T I U R F N O G A R D A
 E G M A E E F H I O Z C E H O
 O X K Q T D L Q P B R C F G Y
 Z D A U Z E T P S Q U A N S D
 T O M A T O G Q P T C A N K A
 S E V I L O O E T A M Z Z G S
 K S B Z I C Z E V K X E I S E
 B K R T V V L R E K T G V S M
 D A Y P P K M B O Y Y V U V U
 W J J S Z P G S I W V D W A S



Apple



Berry



Banana



Vegetable



Dragonfruit



Kale



Grapes



Tomato



Lettuce



Olives



Mango

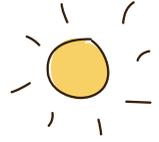


Spinach



Orange

What sport matches your personality?



Ever wanted to know what type of sport matches your personality?



Well now you can find out. Circle one answer per question below.

Question 1

What kind of adventures do you like the best:

- a. Outside hitting a ball
- b. In nature seeing native wildlife
- c. Kicking a football with friends
- d. Going to the beach/pool
- e. Taking time for yourself

Question 2

What would you rather have:

- a. A racket
- b. Some boots
- c. A ball
- d. A new pair of goggles
- e. A new yoga mat

Question 3

You are the happiest when:

- a. You reach your goals
- b. You are surrounded by nature
- c. Running around
- d. You are topping your personal best
- e. Taking deep breaths

Question 4

You think you are:

- a. Competitive
- b. An explorer
- c. A great team member
- d. A champion
- e. Mindful

Question 5

You are always:

- a. Up for a challenge
- b. Learning new things
- c. On the go
- d. Trying your best
- e. Calm

Question 6

Your favourite animal is:

- a. Dog
- b. Echidna
- c. Horse
- d. Dolphin
- e. Cat





Mostly a's – Tennis

Grab a racket and have a go, you have a personality that loves a challenge. Tennis is a great sport to play on your own or in pairs.

Mostly b's – Bush walking

The great outdoors is calling your name. Your personality is curious and loves to learn more about nature. Bush walking is the perfect activity for you. Who knows you might even spot a rare bird or kangaroo on the way!

Mostly c's – Football

It's time to get outside, grab some friends and kick the ball around. Football is a great team sport that matches your fun personality.

Mostly d's – Swimming

Hit the pool and get swimming! Your personality is all about topping your personal best and reaching your goals. Swimming is a great way to cool down in the summer and to get your body moving.

Mostly e's – Yoga

Your personality likes to take it easy, be calm and focus on your breathing. Yoga is a great way to relax and also challenge yourself by trying out cool new yoga poses.

To get involved in activities near you check out Logan City Councils **KRANK** and **Active & Healthy** programs online at:



logan.qld.gov.au/krank



logan.qld.gov.au/healthy

For bushwalking, swimming and other places you can go to get active visit:

logan.qld.gov.au/parks

logan.qld.gov.au/active

Changes in your body and life

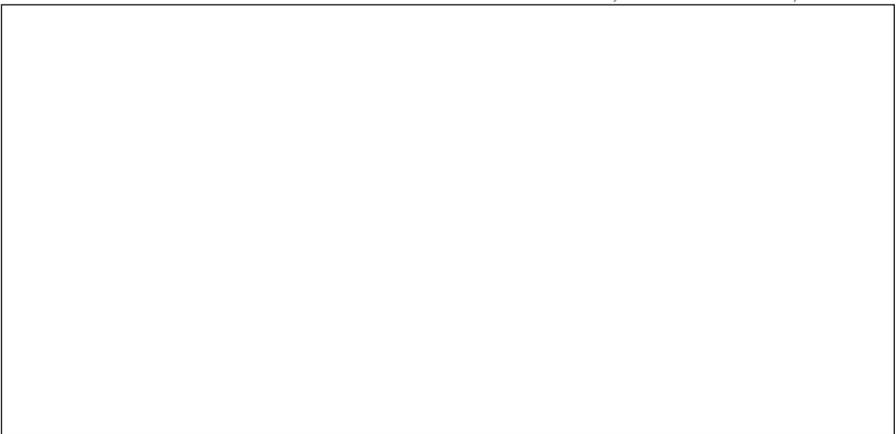
When we get older or even when we go to high school our bodies, minds and life have big changes.

Some changes that can occur include:

- > New friends
- > Our voice
- > Our feelings, mood and emotions
- > Body changes
- > New teachers and new classes
- > A new school and new uniforms
- > Changes at home

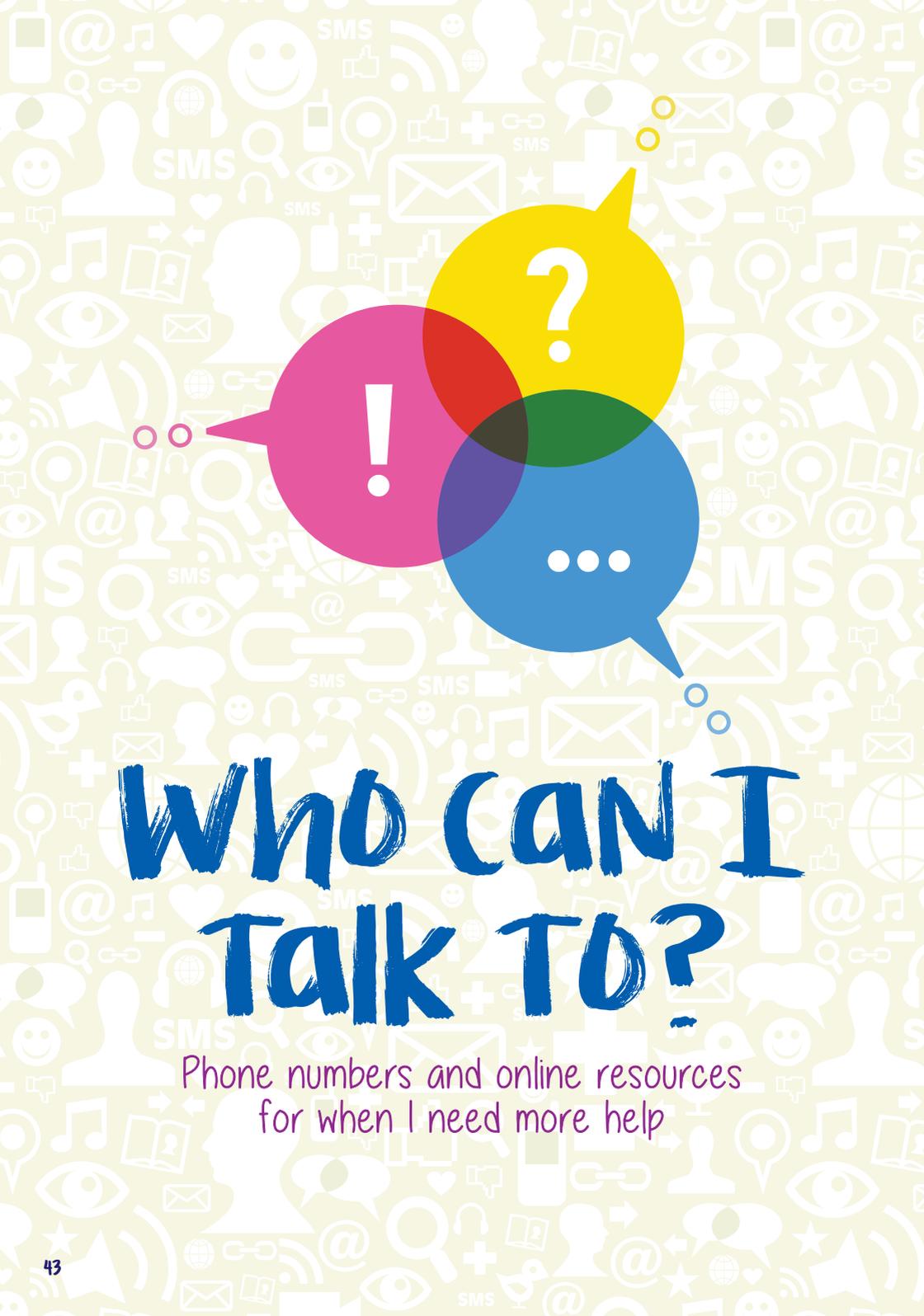
All of these things are totally normal.

What are some ways you deal with change? Write them below:



A large, empty rectangular box with a thin black border, intended for the student to write their responses to the question above.

If you are going through some of these changes you can talk to the people listed on page 4 that you wrote down on your hand.



Who can I Talk to?

Phone numbers and online resources
for when I need more help

Services you can call if you need to talk to someone

If you are in an emergency call 000

Other numbers you can call if you are in a crisis or need to talk to someone:

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Lifeline: 13 11 14 or lifeline.org.au

Beyondblue: 1300 224 636 or beyondblue.org.au/get-support/talk-to-a-counsellor

Headspace: 1800 690 850 or eheadspace.org.au

Other services/information

Support for children and families in Logan:

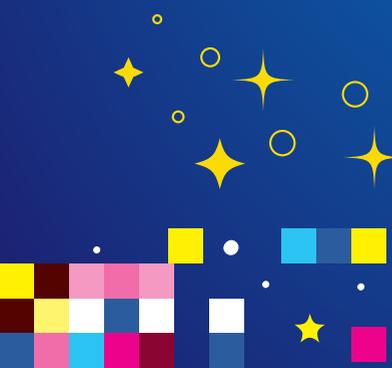
logan.qld.gov.au/children-and-youth/programs

Check out Council's webpage to see what youth mental health services are in your area. This resource also has information on things you can do to take time out for yourself.

Logan community services directories

logan.qld.gov.au/community-directory

There are loads of services in Logan who can help support you. Get an adult you trust to help you use Logan Community Directory to see what services are in your area.

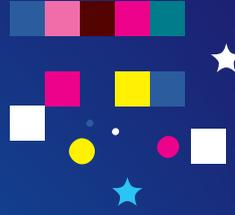


FOR THE PARENTS/ CAREGIVERS

Online resources and services



Resources for Parents/ caregivers



It can be really difficult to have meaningful conversations around mental health.

Please visit Council's website for free conversation starters and mental health resources for parents and caregivers.

Crisis phone numbers:

If you are in an emergency call 000

Lifeline: 13 11 14 or lifeline.org.au

Beyondblue: 1300 224 636 or beyondblue.org.au/get-support/get-immediate-support

Other Services

Logan community services directories: logan.qld.gov.au/community-directory

There are loads of services in Logan who can help support you.



