

Let's



MIND Matters

Journal

YEAR 7

Name

Wellbeing • Courage • Community



OPENING
Young Minds

TERM 2 WEEK 1 Resilience

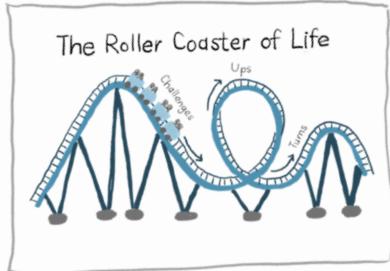


Resilience is our ability to manage adversity effectively.



Key Vocabulary

Adversity is a difficult or unpleasant situation.



No matter who you are you will face challenges every day. Once you realise that challenges are great learning opportunities and can boost your wellbeing, it is easier to tackle life with resilience.

Identify the challenge in each scenario. Rate the difficulty rating out of ten for each challenge.

Scenario	What is the challenge?	Difficulty rating
1. A friend has written something rude about your appearance online. Lots of people have posted laughing emojis.		
2. You got a poor test score last week and your teacher tells you that you are moving maths sets		
3. Your Head of Year has asked you to deliver a speech in assembly tomorrow.		

Draw and explain the roller coaster of life.

KEY VOCAB

- adversity
- resilience
- challenges
- effectively
- manage
- perfect

What are the two ways to respond to challenges?

TERM 2 WEEK 2 Emotions

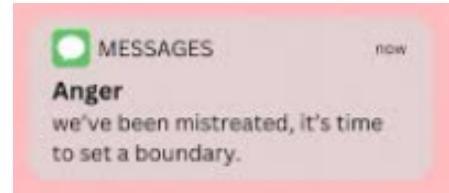


Key Vocabulary

Emotions are feelings derived from one's circumstances, mood or relationships with others.



Every emotion is useful because they act as **messengers** to deliver crucial information about your internal state, needs and values. They are like an internal compass that can help us make well-informed decisions. The key is that we give ourselves time to **process** the emotion before acting.



Examples of using emotions to make good decisions:



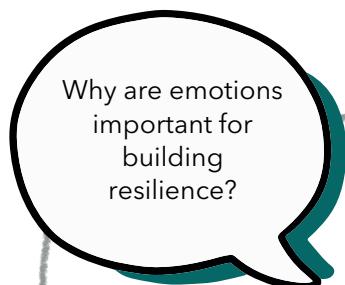
- crossing the road safely
- avoiding dangerous situations



- saying thank you
- building self-respect



- standing up to unfairness
- motivating you to improve



KEY VOCAB

- emotions
- gratitude
- messenger
- enraged
- resilience
- self-respect

Explain why all emotions are useful.

TERM 2 WEEK 3 Embracing Failure



As the image shows, success requires many things. Embracing failure is one of the most important recipes for success.



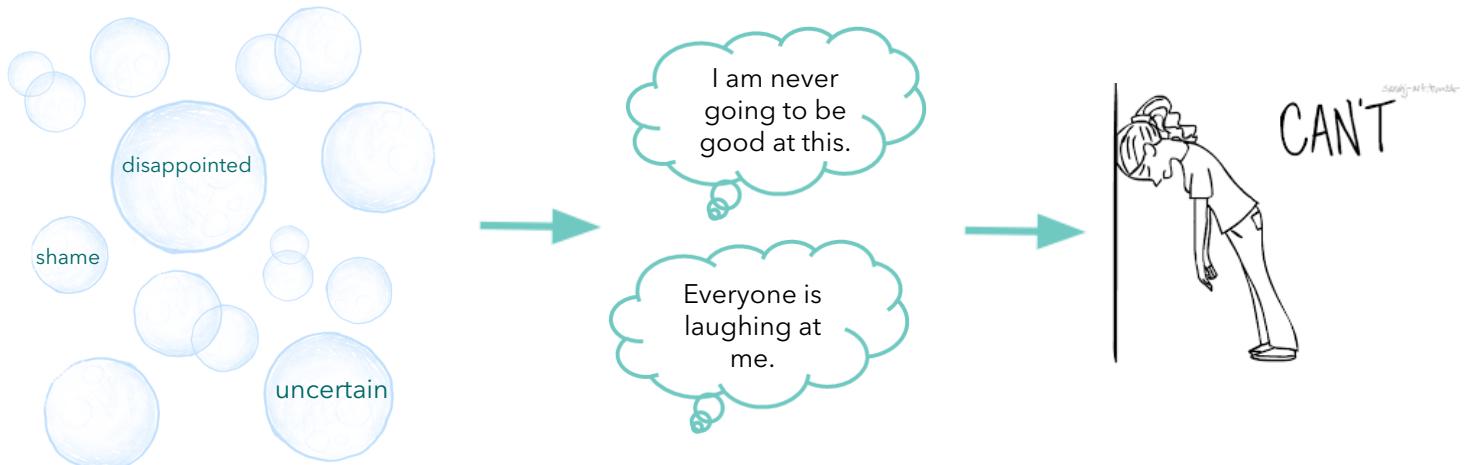
HELPFUL IDEAS ABOUT FAILURE

"Success is going from failure to failure without a lack of enthusiasm." **Winston Churchill**

"Failure is simply the opportunity to begin again, this time more intelligently." **Henry Ford**

"Failure is not the opposite of success; it is part of success." **Arianna Huffington**

Why is embracing failure so challenging?



Lots of uncomfortable emotions are triggered when we fail

These uncomfortable emotions can lead to unhelpful thoughts

These unhelpful thoughts can lead to a lack of resilience



KEY VOCAB

- embracing
- triggers
- Press Pause
- unhelpful
- confidence

How can embracing failure improve our lives?

TERM 2 WEEK 4 Growth Zone



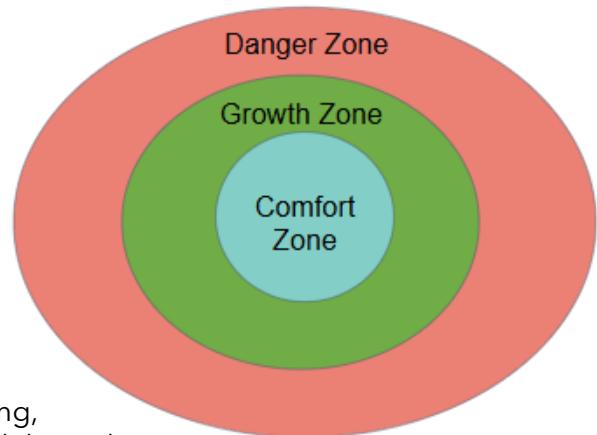
Read each scenario and identify why each person is feeling anxious.

Scenario	Reason for anxiety
1. Kelly has spent the day worrying about Becky's party. First it was the outfit now she is concerned about the spots on her face. She doesn't know many people at the party.	
2. George is now the shortest in the class but he is not just self-conscious about his height, he is also concerned about how small his arms are. Everyone is growing but he is not.	
3. Nicola's maths teacher will not be returning until after Christmas. The replacement teacher raises his voice and doesn't explain the maths as well.	

Leaning into Anxiety

Often our natural response to anxiety is to avoid it. This is harmful because the unhelpful thoughts triggered by anxiety can take over. This will keep you in the Comfort Zone.

"Leaning into anxiety" is when you spot the feeling, Press Pause and face the uncomfortable emotions. By observing the anxiety without fighting it, you can reframe the unhelpful thoughts and get into the Growth Zone.



Key Vocabulary

The Growth Zone is a space where learning, development, and new skills are acquired through challenge and a degree of uncertainty.

Why can anxiety be harmful for our wellbeing?

KEY VOCAB

- overthinking
- uncertainty
- Press Pause
- perspective
- repetitive
- overwhelm

How can we manage anxiety?

TERM 2 WEEK 5

Circle of Control



What I influence

What I control

Circle of Control

A model that helps you focus your energy on what you can directly change. It is important because it encourages us to focus our energy on what we can change and let go of what we can't. By knowing this you can reduce stress and anxiety, build resilience and act positively when faced with challenges.

Case Study

Two different approaches to a grade 6 piano exam.

Daniel is not using the Circle of Control and has slipped into thinking that he can control everything. He can't stop thinking about how hard the exam will be and how he will let everyone down if he fails. This overthinking wastes energy, boosts anxiety and affects both his confidence and sleep. This will almost certainly impact his performance.



By using the Circle of Control, **Ethan** focuses on what is important and does not waste energy on things that he cannot control. He creates a practice schedule, goes to bed at a reasonable time and reminds himself that, whatever the outcome, challenges like music exams help him to grow. He feels excited about the exam.



What is the Circle of Control?

KEY VOCAB

- overthinking
- empowered
- let go
- performance
- conserves

Why is the Circle of Control helpful?

TERM 2 WEEK 6 Taking Responsibility



Key Vocabulary

Taking responsibility is acknowledging and accepting accountability for your actions and their consequences.

What happens when we make a mistake?

We make a mistake → An emotion is triggered → We get an escape thought → We don't take responsibility

Break a ruler



Benefits of Taking Responsibility

Boosts self-confidence and self-respect



Helps you learn from your mistakes



Improves relationships through the building of trust



Bypasses the guilt felt if you cover up a mistake



What does it mean to take responsibility for your actions?

KEY VOCAB

- sincere
- responsibility
- cover up
- accountability
- banter
- trust

Why is taking responsibility important?

Being Human Dictionary

angry

We feel angry when we think something unfair has happened.

anguish

Anguish is an almost unbearable swirl of shock, grief and powerlessness.

anxiety

Anxiety is when you have worried thoughts and physical changes like sweating and shaking.

awe

Awe is the feeling we get in the presence of something vast that challenges our understanding of the world.

belonging

Belonging is being accepted for who you are.

betrayal

Betrayal is when a person breaks the trust and faith of others that trust them.

bittersweet

Bittersweet is a mixed feeling of happiness and sadness.



bored

Bored is wanting to do something fun and not being able to.

boundaries

Boundaries are when you express what is ok and what is not ok.

brave

Brave is when we take a risk when we are not sure we will do well.

calm

Calm is managing life's challenges in a peaceful way.

cheerful

Cheerful is when you are full of good spirits.

compassion

Compassion is when we take action in the face of suffering and treat others with kindness.



confident

Confident means feeling sure of yourself and your abilities.

confusion

Confusion is when you cannot understand something.

connection

Connection is the energy between people when they feel seen, heard and valued.

content

Content is a feeling of completeness and appreciation when our needs are satisfied.

courage

Courage is making good decisions in the face of fear and obstacles.

curious

Curious is when we recognise a gap in our knowledge and want to close that gap.

defensive

Defensive is when someone tries to justify what they have said or done. This is often without listening to other points of view.

dehumanisation

Dehumanisation is when you make someone feel less than human.

disappointed

Disappointed is when something has not happened or because something is not as good as you hoped.

disgust

Disgust is when we see something that makes us feel sick.

down

Down is when you feel unhappy, sad and discouraged.

dread

Dread is when we look ahead to an event with worry.

embarrassed

Embarrassed is a brief feeling of discomfort caused by a mistake.

empowered

Empowered is when someone is made stronger and more confident, especially in controlling their life and claiming their rights.

enraged

Enraged is very angry or furious.



envy

Envy occurs when you want something that another person has.

excited

Excited is when you are very happy and energetic about something.

exhilarated

Exhilarated is when you feel full of joy, happiness and excitement.

fitting in

Fitting in is when you change who you are to be liked.

focused

Focused is when you put your attention on one particular thing.

freudenfreude

Freudenfreude is the enjoyment of another person's success.

frustrated

Frustrated is when you can't do something that you want to do.

gloomy

Gloomy is when you are showing or filled with sadness.

grateful

Grateful is the feeling of being thankful.

grief

Grief is the anguish experienced after significant loss.

guilty

Guilty is when you feel bad about something that you have done.

happy

Happy is when you feel joy or pleasure

hated

Hatred is a very strong dislike for someone or something.

humble

Humble is not arrogant or thinking of yourself as better than others.

humiliation

Humiliation is when someone has been put down and they do not feel that they deserve it.

insecure

Insecure is when we do not feel confident about something.

inspired

Inspired is when you feel confident and enthusiastic to do something well.

invigorated

Invigorated is when you are filled with energy and strength.



invisible

Invisible is when someone is completely ignored.

jealous

Jealous is when you are afraid of losing someone's love or attention to another person.

joy

Joy is an intense feeling of pleasure and appreciation.

jubilant

Jubilant is feeling or expressing great joy.

lonely

Lonely occurs when we feel disconnected from family or friends.

nervous

Nervous is being worried or afraid about what might happen.



nostalgia

Nostalgia is a yearning for the way things used to be in the past.

overwhelmed

Overwhelmed is when someone feels an extreme level of stress to the point of being unable to function.

peaceful

Peaceful is quiet, calm and free from disturbance.

perfectionism

Perfectionism is when we try to do something perfectly to block feelings of shame.

perplexed

Perplexed is when you feel confused and worried about something because you do not understand it.

play

Play is when we do things simply because we enjoy them.

proud

Proud is a feeling of pleasure related to our accomplishments or efforts.

regret

Regret is when something happens that we did not want, which was caused by our actions.

sad

Sad is a painful feeling when we experience loss.

scared

Scared is when you think something bad is about to happen.

schadenfreude

Schadenfreude is pleasure derived by someone from another person's misfortune.

shame

Shame is when you do not feel good enough.

shy

Shy is when someone lacks confidence and is anxious, particularly in new situations.

stress

Stress occurs when we do not think we will be able to cope with a life challenge.

surprise

Surprise is when something happens that you are not expecting.

tense

Tense is when we are unable to relax.

thrilled

Thrilled is when you feel great excitement or happiness.

tranquillity

Tranquillity is when we feel no pressure to do anything.

trust

Trust is when you choose to share something important with someone else.

uncertain

Uncertain is when you are not sure of something.

vulnerable

Vulnerable is what we feel during times of uncertainty, risk and emotional exposure.

worry

Worry is a chain of negative thoughts about bad things that might happen in the future.



This journal gives you the space to make sense of the challenges of life. It is full of ideas that will help build your resilience and boost your well-being.

It is a book that, if used properly, will give you the tools you need to live a happy life that is full of possibility and adventure.