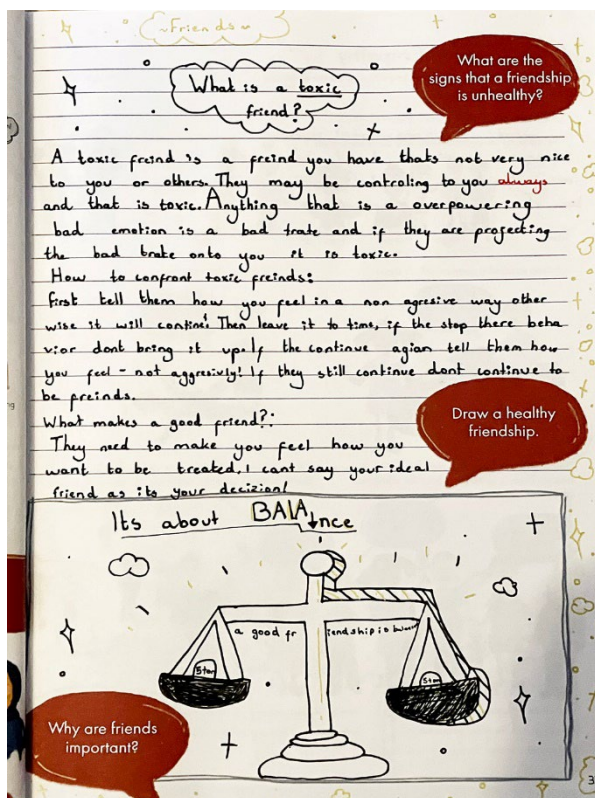
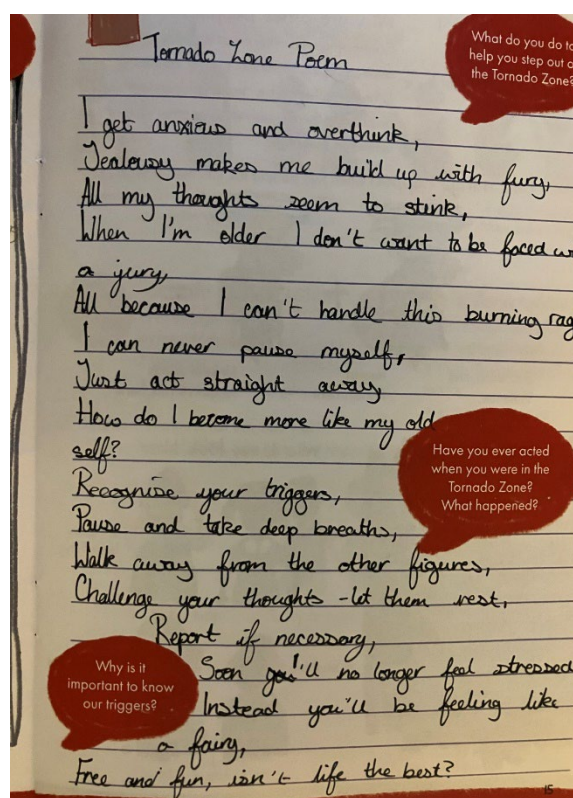


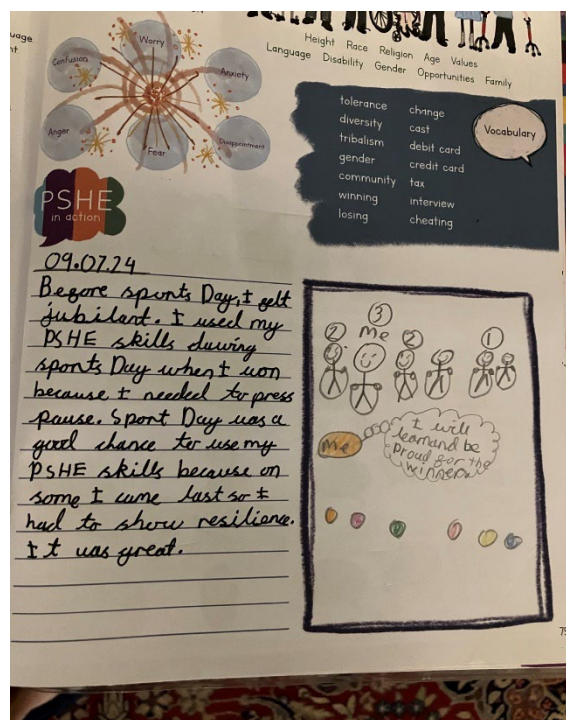
## JOURNALING EXAMPLES



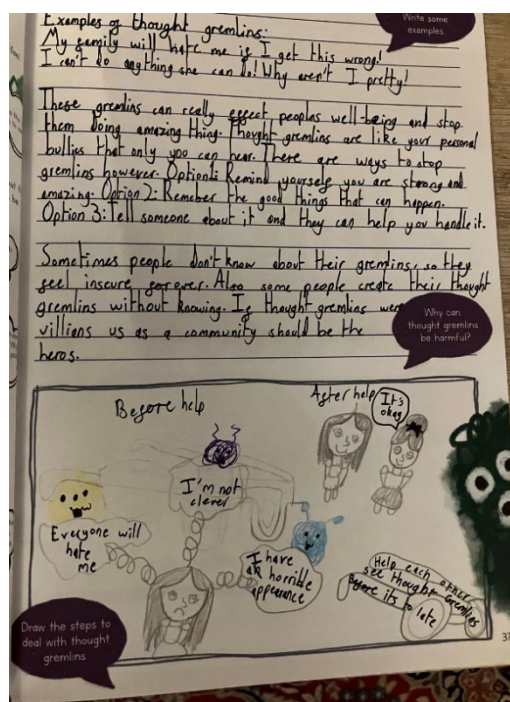
Original illustration explaining that healthy relationships require balance.



Poem that includes steps out of the Tornado Zone.



Year 3 reflection on application of PSHE skills during Sports Day.



Highlighting the need to tackle thought gremlins in a collaborative manner.



Conflict

Is a disagreement. You can have 2 types of conflict: stormy between people, conflict and calm conflict.

Stormy conflict involves triggers and usually leads to situations and regret.

Calm conflict is challenging but often leads to a solution.

Showing, insulting, Poor listening, No solution.

Breathe, listen, Empathise, Solution.

Conflict is not always a bad thing as you can learn from your mistakes but it can be a bad thing as there could be danger.

List some actions that cause conflict.

Why can conflict be a good thing?

You can use this lesson in your life as you can understand how to deal with conflict in your life.

Conflict Type	Level
SC (Stormy Conflict)	Lots
CC (Calm Conflict)	Kind of

Use of a chart to compare stormy and calm conflict.

**Stay in your bubble**

Why is the internet a good thing?

What does it mean to 'stay in your bubble'?

Well it means to stay in your age group and only let things suitable for your bubble in and everything else bounce off your bubble.

What is the danger?

Well the first danger is that it can physically affect you. If a stranger asks to meet you, you need to know that it is NOT safe! There are also mental effects like your mental health declining. If people on the internet are photo shopping images it may lead you to feel Not good enough and this can lead to mental health issues and making you feel not good enough.

Why have we got to be careful on the internet?

Create a guide on how we can be safe on the internet.

"Stay in your bubble" concept to explain how to be safe online.

Resilient losers keep on trying and don't give up even if they do lose. The actions of an empathetic winner should be that they don't boast, don't keep saying they won and congratulate others. Today I learnt that an empathetic person either wins or learns. It taught me to be more resilient after losing.

Sometimes when people lose they can get upset or worried. This may be because they got beaten in a game or are not sure what people think about them. They might believe someone will say that they have no talent or skills.

If you always want to win or always do then if you do lose you won't know how to deal with your emotions. When you lose you learn from your mistakes.

Describe a good winner.

Draw a bad loser.

A Successful person either wins or learns

I have no losing Guiltin talent

I'm rubbish

No body will like me now

How can losing make us better?

Linking previous learning (thought gremlins) to winning and losing lesson

Bullying behavior is when someone is unkind to someone, repeatedly, and it's on purpose. When somebody somebody is shying this behavior it's important to not call them a bully as they won't learn one something has always got something going on which causes them to show this behavior. Sometimes people will show this behavior and it's important to never use violence back, this always makes it worse. Instead, press your internal pause button, take a deep breath, use assertive body language then report it to a trusted adult.

What is bullying behaviour? Can you think of some examples?

Assertive is using confident body language

How does bullying behaviour impact people?

Violence spreading Two Bravos cent!! Innocent people getting hurt!

Sad

Angry

Chinaman

Caught in the middle, hurt

Draw what you would do if you see bullying behaviour.

Use of Being Human bubbles to explain how to manage bullying behaviour.