

Teacher's notes

Self-awareness is such a useful tool for our wellbeing. Through this activity, students take a moment each day to read a few pages of a book and then look inside themselves to think about how they are feeling before and after reading.

This is powerful, as over time students will understand that reading is a good way to calm the mind and manage emotions – something that can help them improve their own wellbeing and feel safe.

Learning objective

- ★ **GSE Writing:** Can write simple sentences about familiar things, given prompts or a model.

Needs covered

- ★ **Self-actualization**
- ★ **Safety**

Reading diary

Choose a book and read each day. Complete the diary.

Wednesday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____

Tuesday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____

Monday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____

Book Name

Sunday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____

Saturday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____

Friday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____

Thursday

Time: _____

Number of pages: _____

How do you feel now? _____

How do you feel after reading? _____