

My outdoor journal

This journal is yours. You choose what to share.

FIELD BRIEF My day outside.

- ☐ I can name how I felt.
- ☐ I can show something I noticed.
- ☐ I can say how my team worked.

N



SESSION



NAME _____ DATE _____ WHERE WE WENT _____

WEATHER ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Windy ☐ Cold

1 How I felt

all feelings are okay

Circle the face that is most like you today. You can circle two if your feelings were mixed.



calm



happy



excited



curious



tired



worried



cross

MY OWN FEELING WORD _____ I FELT IT WHEN _____

2 Something I noticed

DRAW IT

Draw one thing you noticed. Then write what it was and where you found it.

IDEAS

a sound

a smell

a creature

a colour

Notes

3 Teamwork

Team

When did you work with someone today? What did you do together?

TRY A STARTER

We worked together to ...

I helped by ...

Someone helped me when ...



If something is worrying you, tell a trusted adult. They will listen and help.

My journal: two more sessions



NAME _____ CLASS _____

SESSION 	DATE _____
	WHERE _____

WEATHER ☐  Sunny ☐  Cloudy
☐  Rainy ☐  Windy ☐  Cold



HOW I FELT

Draw your face. Then write a feeling word.

WORD _____

SESSION 	DATE _____
	WHERE _____

WEATHER ☐  Sunny ☐  Cloudy
☐  Rainy ☐  Windy ☐  Cold



HOW I FELT

Draw your face. Then write a feeling word.

WORD _____

SOMETHING I NOTICED

Draw it here.

SOMETHING I NOTICED

Draw it here.

TELL ME ABOUT IT

TELL ME ABOUT IT

TEAMWORK: I HELPED BY ...

TEAMWORK: I HELPED BY ...

Next
time

ONE THING I WANT TO TRY NEXT TIME



If something is worrying you, tell a trusted adult. They will listen and help.