



Activity 1

Name of the activity	Dear diary... today I feel resilient
Topic Covered	Building resilience by journaling
Learning Outcomes and Competences that can be acquired	• Practice self-awareness and self-kindness • Promote a more gratefulness and positivity outlook of life • Emotional regulation • Promote daily acts of kindness as a way to boost social connections and well-being
Duration	20 min per day for at least 2 weeks. The activity can be kept indefinitely
Kind of Method	Individual self-reflection activity
Required Materials	• Pen • Journal or notebook
Learning Setting and Activity Description	The trainer will propose this activity of journaling to the participants. The aim of the journaling activity is to promote a more positive, grateful and hopeful view of life. To achieve this, each participant should journal everyday for at least two weeks and answer the following questions: 1. How did you feel today? Be honest and practice emotion communication. Bad days are important to self-development as good ones, they only need balance. 2. Write at least you are grateful for today. 3. What was your daily act of kindness? How that make you feel after?





	4. Name one physical activity that you did today (going grocery shopping, a walk in the park, go to the garden. everything counts) 5. Set a small goal for tomorrow and strive to achieve it- as small or big as you want (making the bed, waking up early, read 5 pages of a book, etc)
Activity Evaluation/ Reflection	Self-reflection on: • Days that they journaled. • Improvement of mood: • Habits change (more kind and understanding towards others) • Closeness of social groups
Materials needed	The reflection can also be written in the journal after the 2 weeks period or shared as a group.

