

DISCOVERY JOURNAL[®]

MAKING MENTAL HEALTH MANAGEABLE

DISCOVERY JOURNEY FOR SCHOOLS

Helping students understand themselves
one discovery at a time.



A complete self-awareness programme for schools

Why are schools choosing Discovery Journey?

Discovery Journey helps students build the self-awareness and understanding they need to navigate life with confidence.



Builds emotional literacy

Students learn to identify and understand emotions in themselves and others.



Improves self-awareness

Students explore their thoughts, behaviours and patterns that influence them.



Supports better choices

Students learn to pause, think and choose responses that help them.



Strengthens relationships

Greater understanding leads to respect, empathy and positive communication.



Builds lasting life skills

Skills learnt now support wellbeing, resilience and future success.

How the programme works

A simple, consistent approach that guides students through meaningful learning.



Notice

Become aware of thoughts, feelings, behaviours or situations.



Understand

Explore what might be influencing those experiences.



Discover Patterns

Recognise connections and recurring themes over time.



Choose

Identify helpful responses and practical next steps.



Practise & Grow

Apply new understanding through small, realistic actions.

- **20-30 minute sessions**
- **Printable PDFs**
- **Teacher guides included**
- **Minimal preparation**
- **Suitable for:**
 - KS3 & KS4
 - Whole class
 - Tutor time
 - Small groups
 - One-to-One

A look inside

Every resource is clear, visually supportive and easy to use. All available to download in your own time directly from our website.

Student Worksheets

BUILD YOUR TOOLBOX

Thoughts aren't always facts. You have choices. Use this plan next time you need it!

1 WHEN I NOTICE MYSELF:

Jumping to conclusions ☐ Assuming the worst ☐ Comparing myself to others ☐ "What if" thinking ☐
Mind reading ☐ Trying to be perfect ☐ Overthinking ☐ Self-criticising ☐

2 HOW DO I USUALLY REACT?
When this happens, what do I normally do?

Avoid people ☐ Get upset ☐
Keep thinking about it ☐ Argue ☐
Other: _____

3 I WILL CHOOSE TO...
What helpful things can I try instead?
e.g. Take a walk, write it down.

4 WHO COULD HELP ME?

Friend: _____
Teacher: _____
Parent/Carer: _____
Other: _____

MY PLAN
Next time I notice myself thinking this way, I will: _____

MY REMINDER TO MYSELF
Something I want to remember when things get tricky: _____

LOOKING BACK OVER THESE ACTIVITIES...
What have you learnt about how your thoughts work?

4 x Worksheet per Module

Teacher Guides

MODULE 2 UNDERSTANDING THOUGHTS
Teachers Guide
Turning awareness into practical strategies.

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WORKSHEET 4 – BUILD YOUR TOOLBOX

Students bring together everything they have learned throughout the module to create a simple personal plan for recognising unhelpful thinking habits and choosing more helpful responses in everyday situations.

LEARNING FOCUS

- Consolidate learning from the previous three worksheets.
- Develop practical strategies for responding to unhelpful thinking habits.
- Build confidence in making small, realistic changes.

BEFORE YOU BEGIN

- Allow students to choose ideas they genuinely think they could use.
- Many students already use helpful strategies without realising it.
- Encourage them to reflect on times they have successfully managed difficult thoughts before.

HELPFUL PROMPTS

- Which thinking habit would you most like to become better at noticing?
- What usually helps you feel calmer?
- Who helps you think differently when you're stuck?
- Which strategy feels most realistic to try first?

WHAT WOULD MAKE IT EASIER TO REMEMBER YOUR PLAN?

Self-awareness becomes most useful when it leads to action.

Remind students that they don't need to change every thinking habit at once. Choosing one small step is often the most effective way to begin.

WHAT TO LOOK FOR

- Students recognise their own thinking habits.
- Students identify at least one realistic coping strategy.
- Students create a personal plan they feel confident using.

IF STUDENTS FINISH EARLY

Invite students to personalise their toolbox even further.

For example:
"Imagine you are advising your future self. What reminder would you leave?"
or
"Which strategy do you think you'll use most often? Why?"

TEACHER TIP

Students often believe they need to "stop" negative thoughts completely. Instead, reinforce the message that the goal is to notice thoughts earlier, pause, and choose how to respond.

The toolbox is not a checklist to complete perfectly; it is a collection of strategies

4 x Guides per Module

Teacher Handbook

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TEACHERS HANDBOOK MAKING MENTAL HEALTH MANAGEABLE

HOW THE PROGRAMME WORKS

Every module follows the same simple structure, helping students gradually build understanding through a series of connected activities. Each worksheet builds on the last, encouraging students to move from noticing an experience to recognising patterns and developing practical strategies they can use in everyday life.

1. One Module
A single wellbeing topic, such as *Emotive Literacy* or *Understanding Triggers*.

2. Four Connected Worksheets
Each worksheet focuses on one small step in the learning journey.

Why this approach works

Breaking learning into manageable steps reduces overwhelm and encourages meaningful engagement. As students revisit these skills over time, reflection becomes more natural and understanding grows.

Designed for Every Learner

Discovery Journey has been designed with accessibility at its heart, helping as many students as possible engage confidently with the activities. Rather than relying on large amounts of text, each worksheet combines clear layouts, supportive visuals and consistent design to reduce cognitive overload and make learning easier to navigate.

Throughout the programme, students will notice familiar features such as:

- Colour coded modules, helping students quickly recognise which topic they are working on.
- Simple icons and visual cues that guide students through each activity and make instructions easier to follow.

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TEACHERS HANDBOOK MAKING MENTAL HEALTH MANAGEABLE

BEFORE YOU START...

Before delivering your first Discovery Journey session, it's helpful to understand the principles that underpin the programme. These simple guidelines will help create a positive learning experience for both you and your students.

THIS IS EDUCATIONAL, NOT THERAPEUTIC.

We teach self-awareness, reflection and emotional literacy through structured classroom activities. We encourage healthy mental processes that foster understanding and stability in young minds. It is designed to develop lifelong wellbeing skills, not to diagnose, assess or provide therapy. Teachers are not expected to counsel students or explore personal experiences in depth. Your role is to facilitate learning, encourage curiosity and create opportunities for reflection.

1 THERE ARE NO RIGHT OR WRONG ANSWERS.

Every student experiences the world differently. Students should be encouraged to think honestly about their own experiences, knowing that everyone's journey will look different. Celebrate curiosity and progress, rather than perfection.

2 SHARING IS ALWAYS A CHOICE.

Students should never feel pressured to share personal experiences. Some students may enjoy discussion, while others will prefer to keep their reflections private. Both approaches are equally valid. Where discussion activities are included, students can choose to share ideas or simply pass if they prefer.

3 FOCUS ON LEARNING, NOT DISCLOSURE.

The purpose of each activity is to help

4 CONFIDENTIALITY HAS LIMITS

Students should understand that while their

What's included



Teacher Handbook

Practical guidance for delivering the full programme



Individual Teacher Guides

Step-by-step support for every worksheet.



Student Worksheets

Engaging, accessible activities for every learner.



Lesson Guidance

Prompts, discussion ideas and reflection support.



Printable PDFs

Easy to print and use whenever you need.



School License

One simple license for your whole school.

Programme Roadmap

AVAILABLE NOW

- Module 1**
Emotive Literacy
- Module 2**
Understanding Thoughts
- Module 3**
Understanding Behaviours

COMING SPRING 2027

- Module 4**
Understanding Triggers
- Module 5**
Emotional Regulation
- Module 6**
Communication and Boundaries

COMING SUMMER 2027

- Module 7**
Relationships
- Module 8**
Problem Solving
- Module 9**
Identity and Values

- Annual Renewal**
More Modules

One module provides approximately four weeks of learning through four connected worksheets.

Designed for busy teachers

No complicated preparation. Just meaningful learning.



Print



Teach



Reflect



Repeat

Traditional wellbeing resources	Discovery Journey Programme
Lengthy preparation	Ready to print
Extensive teacher manuals	One-page guides
Behaviour focused	Self-awareness focused
Complex to deliver	Simple and structured
Lots of resources, all at once.	Everything you need when you need it.

12 ready-to-use classroom sessions available immediately

Helping students build skills for life.

Students develop the skills to understand themselves and navigate life with confidence.

- ✓ **Identify and understand emotions**
- ✓ **Understand thoughts and how they influence behaviour**
- ✓ **Recognise patterns and triggers**
- ✓ **Reflect before reacting and make more helpful choices**
- ✓ **Build helpful habits**
- ✓ **Develop stronger communication skills**
- ✓ **Grow in confidence and self-respect**
- ✓ **Learn to understand and manage thoughts and emotions**

"The Discovery Journals help young people recognise anxieties, triggers and challenging situations, allowing therapeutic work to be more focused and effective."

- **STEP CHARITY, Specialist Youth
Mental Health Service**

Ready to introduce Discovery Journey to your school?

Simple to purchase.

Simple to deliver.

Designed to grow with your students.

FOUNDING SCHOOLS OFFER

Available until 30 September 2026

£199 + VAT

COMPLETE SCHOOL LICENCE (9 MODULES)

Early adopters receive the complete 9-module programme for £199 while the remaining modules are still in development. Additional modules will be sent automatically at no extra cost.

THERE ARE NO ADDITIONAL CHARGES

IMMEDIATE ACCESS TO MODULES 1-3

No subscription, No upgrade fees.



FUTURE SCHOOL PRICE

After 30th September 2026

£349 + VAT

Ordering is simple



Email hello@discoveryjournal.co.uk



We'll send an invoice or accept your purchase order



Receive your download link



Start using immediately

School License

- ✓ Unlimited printing for students within one school
- ✓ Teachers' guides and handbook included
- ✓ Digital files must not be shared outside the purchasing school.

Ready to introduce Discovery Journey to your school?

Simple start. Powerful outcomes.

We'd love to discuss how Discovery Journey could support your students.



hello@discoveryjournal.co.uk

We'll usually respond within one working day.



www.discoveryjournal.co.uk

