STUDENT VOICE · DESIGN CHALLENGE

My design journal













My name (optional)

My class

You're in charge. You can pass, take a break, work on your own, or change your mind. You don't have to put anything about yourself in here.

1 · EXPLORE

My design challenge

A check-in app for young people needs new pictures and ideas. You're on the design team! Your work could go in it.

48 Feelings — draw how feelings look.	**9 Places — show where check-ins happen.**	**+ Helpers — make tools that help.**

What would make a check-in feel just right for kids?

Draw it, write it, or stick pictures in.

2 · EXPLORE

My choices

Circle as many as you like. You can change your mind any time.

I want to work on

Feeling pictures · Place pictures · Helper tools

I will make it with

Drawing · Painting · Collage · Pencils & markers · Cut paper · Shapes & symbols

I work best

On my own · With a partner · In a group · With music on · Moving around

One thing I want to do in this project

Your brain is growing

Your brain grows and changes a lot while you're young. Every time you practise something, your brain gets stronger at it. Practice really does help!

Your 'coach'

One part of your brain is like a coach. It helps you stop, think and make good choices. It keeps growing for a long time.

Your 'alarm'

Another part is like an alarm. It helps keep you safe by spotting things that feel scary or unfair.

Your brain is great at…

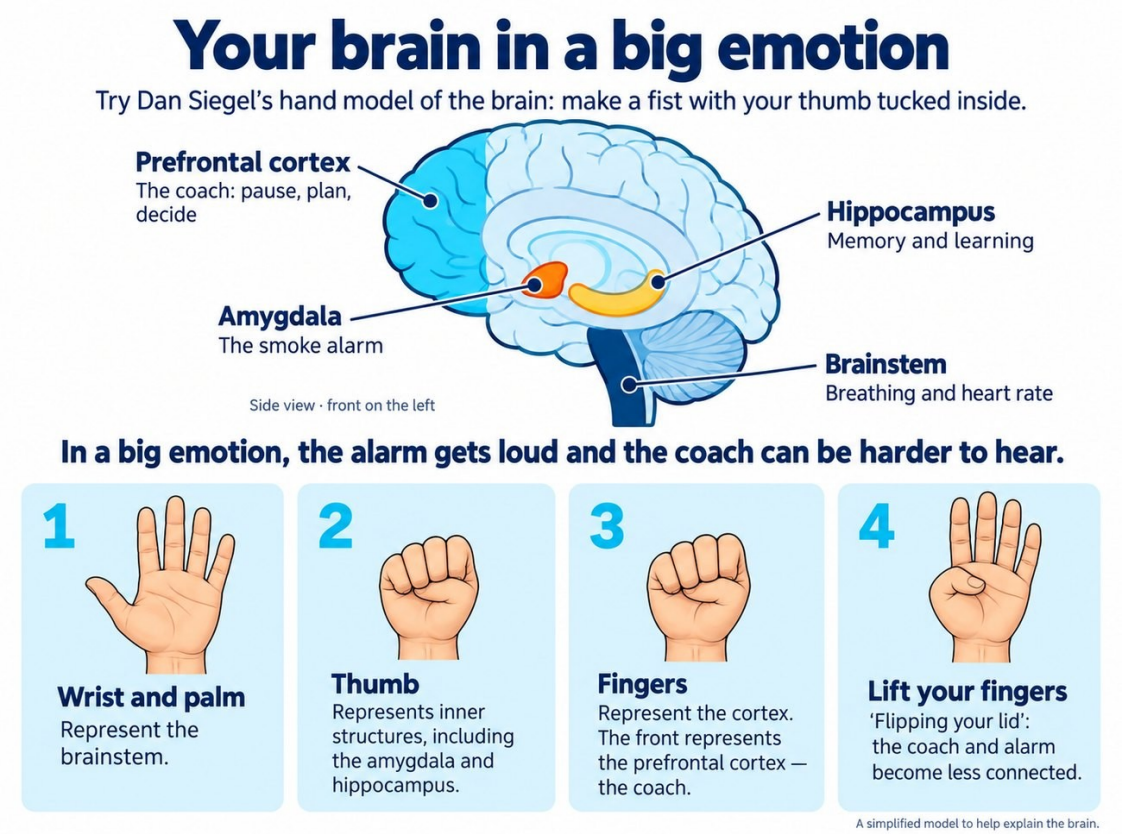
Circle the one you'll bring to this project.

- ☐ Big feelings — feeling things strongly.
- ☐ Making friends — teaming up with others.
- ☐ Trying new things — wanting fun and new.
- ☐ Big imagination — seeing things in new ways.

Why that one? Draw or write it.

Big feelings are like a wave

When a feeling gets really big, the alarm in your brain gets loud. It can be hard to think, listen or do your work. That's normal. It isn't being naughty.



The good news: feelings are like waves

Feelings go up, reach the top, then come back down. You can help them come down.

Draw a feeling as a wave — going up, reaching the top, then settling.

Calm your body, calm your brain

When your body feels calm, it tells your brain you are safe. Try each one for a little while. Tick how it felt. Skip any you don't want to try.

Tool	What to do	How did it feel?
Slow breaths	Breathe in through your nose. Let a long breath out. Do it 3 times.	☐ Yes ☐ Maybe ☐ No
Move	Shake your hands, stretch, or do 10 jumps.	☐ Yes ☐ Maybe ☐ No
Cool down	Cold water on your hands or face.	☐ Yes ☐ Maybe ☐ No
Look around	Name 5 things you see, 4 you hear, 3 you can touch.	☐ Yes ☐ Maybe ☐ No
Name it	Say the feeling in your head. 'I feel...'	☐ Yes ☐ Maybe ☐ No
Music	A song that calms you, or one that uses up energy.	☐ Yes ☐ Maybe ☐ No
Be near someone	Sit near someone you trust.	☐ Yes ☐ Maybe ☐ No

Pick one and make it even better for kids.

You don't have to tell anyone how it felt.

Kind things are like magic for your brain

Being kind, caring and saying thank you is good for YOUR brain too, not just for the other person.

Kindness Helping others feels good inside. Small things count.	**Caring** Feeling with someone. It gets stronger when you practise.	**Thank you** Noticing good things helps you feel happier.

Design a kind note or sticker someone could find

What would it say or show?

7 · EXPLORE

Feeling explorer

My feeling:

A smaller feeling	Feelings nearby	A bigger feeling

Better words

Some words that say your feeling even better.

How does it feel? How does it move?

Circle any.

Smooth · Rough · Sharp · Soft · Heavy · Fuzzy · Bumpy · Shiny

Fast · Slow · Bouncing · Floating · Spinning · Falling · Growing · Shrinking

Feeling detective

Pick a character from a film, a game or a book, or make one up. What do they notice? Draw, write or use symbols.

My character:

Body What do they feel in their body?
Pictures What pictures or symbols come to mind?
Feelings What other feelings are close by?
Thoughts What might they be thinking?

9 · IMAGINE

Feeling storyboard

Draw a rough idea in each box. Rough is good!

1 Feeling — which one?	2 Body — where felt?	3 Symbols — shapes & objects
4 Best word — name it	5 How it feels	6 How it moves
7 Thought bubble	8 First sketch	9 What helps? — tools, places, people

Sketch it

Draw three different ideas. Star ☆ your favourite.

Idea A ☆	Idea B ☆	Idea C ☆

Make it your own. Please don't copy.

Change it up

Take your favourite idea and try it a new way. A new style, a new colour, a new shape.

I changed

Circle any.

Colour · Size · Style · Shape · Movement

My new version

12 · CREATE

Where feelings happen

Where do you check in? Tick one.

 ☐ With my friends	 ☐ At home	 ☐ In the classroom
 ☐ On the grounds	 ☐ Online	 ☐ Gaming
 ☐ Break times	*(your design)* ☐ Leaving school	 ☐ On the way to school

Three things that show this place

No real people or real places.

13 · CREATE

What might help?

Tick ideas a kid might really use. Put a ↻ next to ones to make better.

- ☐ Music
- ☐ Moving
- ☐ Drawing
- ☐ Taking space
- ☐ Talking to someone
- ☐ Drinking water
- ☐ Slow breaths
- ☐ Going outside
- ☐ Sport
- ☐ Stretching
- ☐ Quiet time
- ☐ Being with someone
- ☐ Asking for help

My helper idea

Why would it help?

Who could help if a feeling is too big?

Make it clean

Draw a neat version of your best idea in the phone to see how it would look.

Label your design choices

15 · TEST

Show a friend

Swap with a friend. Don't tell them the feeling!

Friend 1

I think this shows...

The first thing I saw...

Maybe try...

Friend 2

I think this shows...

Would it work tiny? ☐ Yes ☐ Not yet

Different guesses are good! We talk about the picture, not the person.

Make it even better

Before	After

The best change I made

My best design

Draw, paint or stick it here. Bigger work? Attach it to this page.

My design story

I made...

I chose these shapes, colours and words because...

I hope another kid sees it and...

I'm all done!

- ☐ My design is my own. I didn't copy.
- ☐ I kept it about ideas, not about me.
- ☐ It shows feelings with shapes, colours or a character.
- ☐ My design story is done.
- ☐ My form is signed.

How I want my name to show

Circle one.

Full name · **First name only** · **Just initials** · **No name**

You made something real!

Before you go

Right now I feel...

One way I could share that:

One thing that helps me feel calm:

If a big feeling ever feels like too much, you don't have to deal with it alone. Talk to a grown-up you trust at school.