



MindfulScouts
Strong minds, Strong spirits



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My Diary Book

Foster mental health of young
people by using the scout method

2024-2-SK02-KA210-YOU-000258486



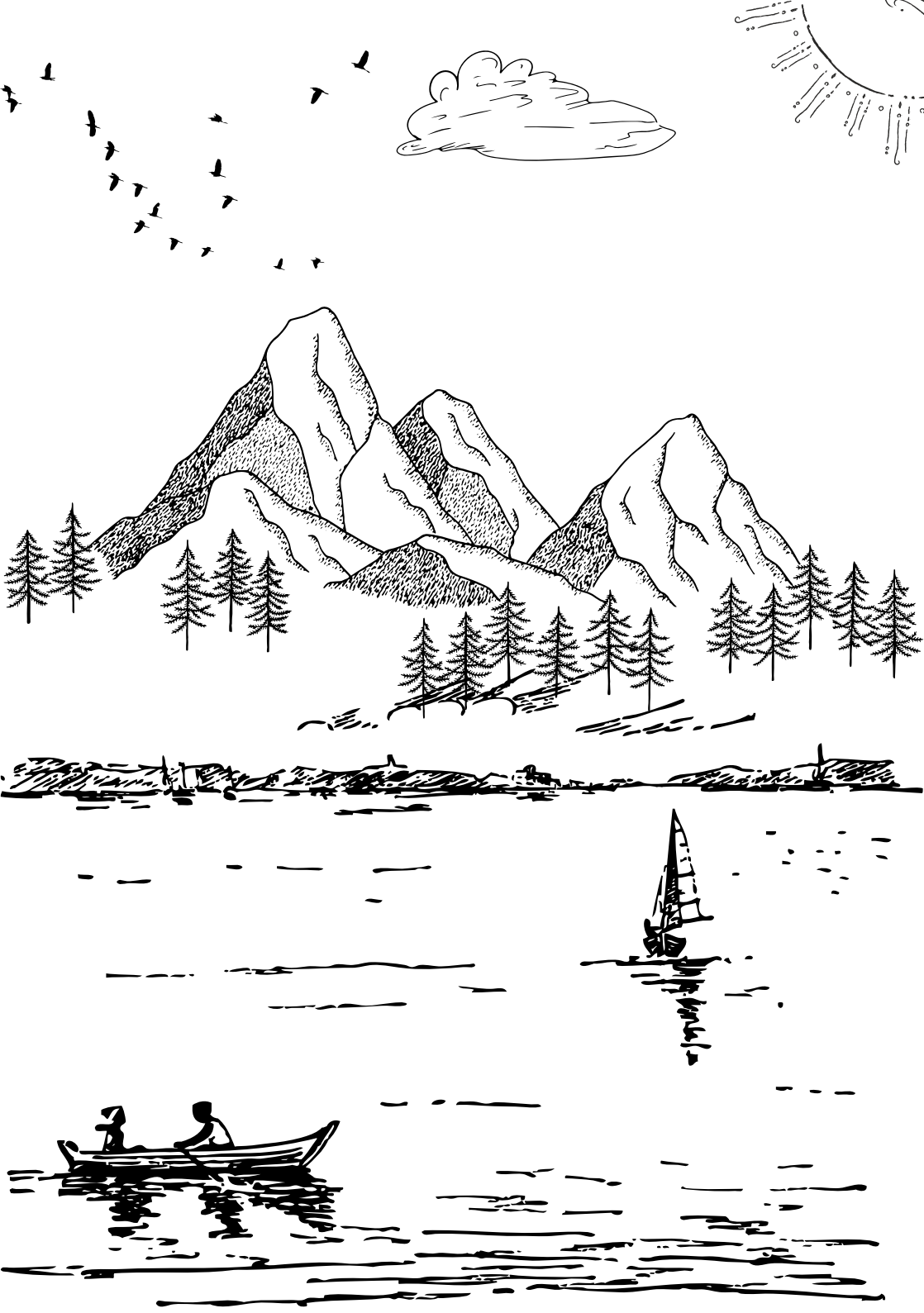
**Project
coordinator:**



Partners:

AMIGOS DE
EUROPA

InnoSpark.





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Hello,

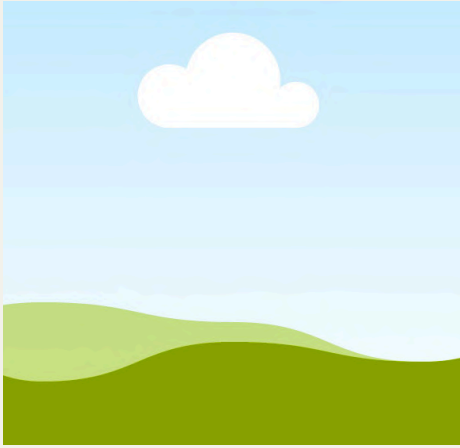
I'm

Bday .. / .. /

Age:

Country:

City:



About Me



Experience / Education

-
-
-

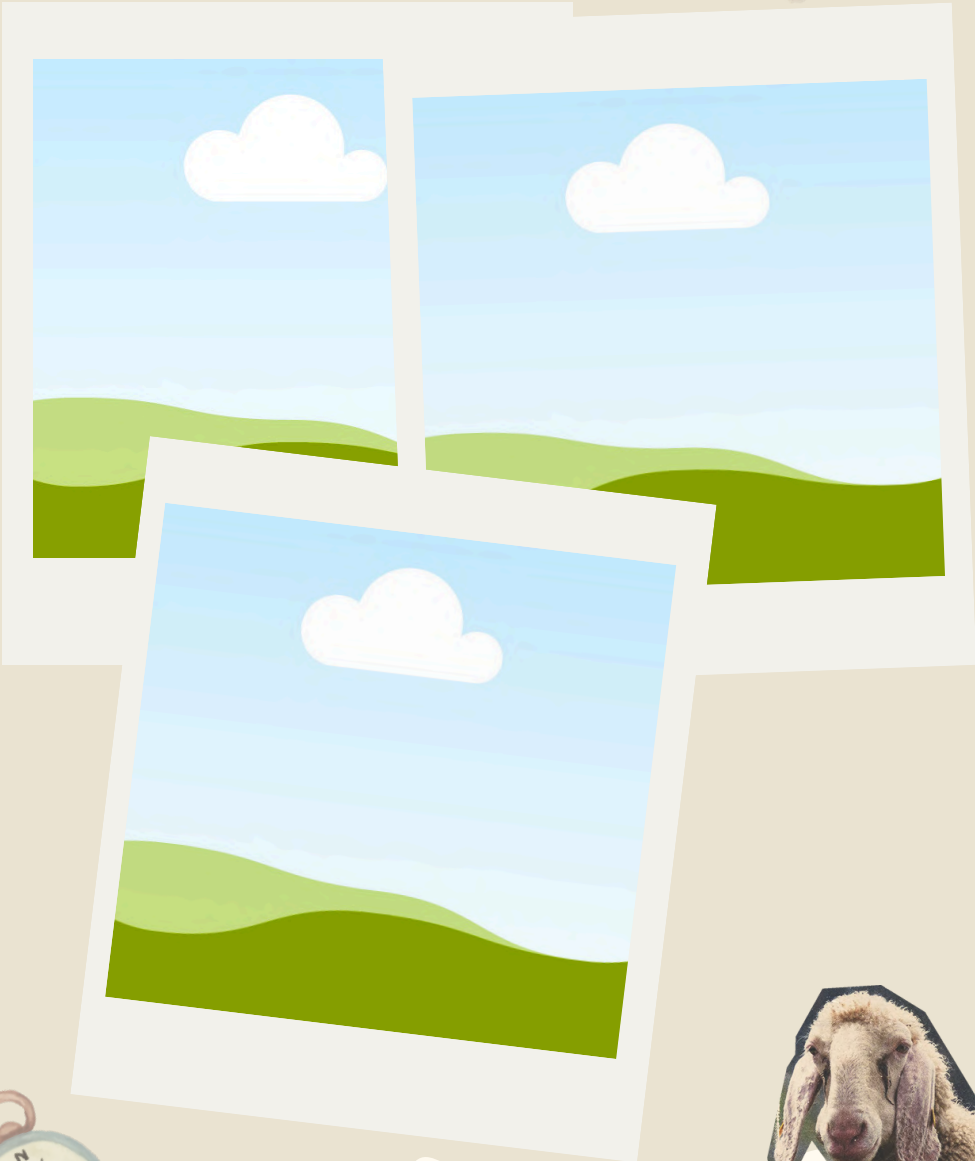




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Dear participant,

Welcome to this Activity and thank you for joining this journey!

This **diary** is your personal space **to record experiences, emotions, and ideas** during the activity.

It will help you:

Reflect on daily activities and scout-inspired exercises.

Track how nature and group work influence your mental well-being.

Capture creative ideas to take back to your community.

The diary belongs entirely to you. You decide what to write and whether to share anything with the project team.

If you **choose to share** extracts or photos, please tick the optional consent box on the next page.



Protection & Well-Being Measures

Your *physical and emotional safety* is our highest priority.

- **Safe environment:** All outdoor activities are checked for safety; first aid kits and trained staff are available at all times.
- **Emotional support:** Facilitators are ready to listen if you need to talk privately.
- **Respect & inclusion:** We follow Erasmus+ protection guidelines; everyone is treated with equality and dignity.
- **Freedom to pause:** You can step back from any activity if you feel uncomfortable - no explanation needed.

Optional Consent

I agree that anonymised excerpts, quotes, or photos from my diary may be shared in the Mindful Scouts Toolkit or project dissemination.

Name & Signature (optional):



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daily tracker

Date _____

Mo Tu We Th Fr Sa Su



How am I feeling this morning? (circle one)

Great Good Okay Not good Awful

Key Activity or Lesson Today _____

How did today's outdoor or scout-based activity affect me? _____





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Personal Reflection

- A moment I'm **grateful** for today:

- A **challenge** I faced and how I handled it:

- One thing I **learned** about myself:

Creative Space

(Draw, paste leaves, add photos, or write a free note)





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Reflections



Scout Law & Me

Use these prompts **anytime** during the week.

How did I **experience or see** each value in action?

01

Trustworthy -

02

Loyal -

03

Helpful.

04

Friendly & Brotherly/Sisterly -

05

Courteous -



Reflections

Scout Law & Me

Use these prompts **anytime** during the week.

How did I **experience or see** each value in action?

06

Kind to nature -

07

Obedient

08

Cheerful and brave -

09

Thrifty -

10

Pure in thought, word, and deed -



Final Reflections



Take a quiet moment at the end of the activity to reflect and plan your next steps.

Which activity had the greatest positive impact on my mental health?

How did nature and group life influence my feelings and thoughts?

What new friendships or skills will I carry home?



Personal Action Plan

**Habits I will
continue at home:**

**Activities in
nature I want to do
more often:**

**What are some
Personal goal
for the next 3
months:**



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My diary book, 2025

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Erasmus+

EU programme for education, training, youth and sport

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Contact us:

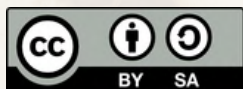


 <https://mindfulscouts.eu/>

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