This journal is for you to use however you like. You don’t have to work through the pages in order. You can choose which pages you would like to fill in — enjoy!
Draw yourself
is my Name

It means...

My nickname is
What I Love!

..........................................................
I am...
Things I am good at!

Things to get better at
Places I would like to visit!
My friends!

Draw your friends
Write about them
What gives me energy...
The person I admire the most is...

Write down the reasons why
My friends think I am...
What I like doing at home
Things that make me happy....
My favourite memory
My hero is...

Things I find difficult...

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________________________________________________________________________

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________________________________________________________________________
My shield

Draw things that keep you healthy and safe
3 words that describe me
What HIV means to me...

Write down which medicines you take and how you remember
My CATS is...

In the paw print, write about your CATS or other people from Zvandiri who support you.
My favourite movies

Draw a poster for your own movie
Design a t-shirt to challenge STIGMA
My favourite outfit

Draw your body in the outfit
Things that make me sad...
My worries
Loved and Lost

Draw the people who are no longer with you
Write a recipe for Great Friends
We all need support and people to care for us

Write down the names of people who look after you and give you support
Plans for the future...
Zvandiri

11-12 Stoneridge Way North, Avondale, Harare, Zimbabwe

info@zvandiri.org

Zvandiri

@zvandiri

www.zvandiri.org