

PERIOD DIARY 3

VISUAL PERIOD DIARY:

Create an artwork that reflects the way you feel on **THIS DAY** of your cycle and what you might need to feel better supported on this day. Here are some ideas:

- Use colours that reflect your mood
- Include words that reflect your dominant feelings or moods on this day of your cycle
- Include imagery that reflects what your body craves, desires or needs on this day (eg: more rest, time with friends, alone time, nourishing food, exercise and fresh air, etc.)

WRITTEN PERIOD DIARY: (alternative to the visual diary)

Write a diary entry that reflects on how you feel on **THIS DAY** of your cycle and what you might need to feel better supported on this day. Reflect on:

- Where are you in your cycle at the moment? (period, just after your period, period is coming up)
- The dominant feelings from this day you are experiencing
- Write down 2-3 things you feel like your body needs on this day (eg: more rest, time with friends, alone time, nourishing food, exercise and fresh air, etc.)

REFLECTION:

Write down what you need in order to feel supported and comfortable during your period.

PERIOD PLAYLIST:

Make a playlist of songs to suit and support your different moods during your menstrual cycle. You might name your playlists according to the different phases of your cycle (sloth, lioness, peacock, cat from previous activity).

Period Ready Kit

PARENT-TEEN MASTERCLASSES
& RESOURCE KIT

Super helpful, informative and useful. I wish I'd known all of this when I was younger!

Everything I expected and more! It is so important to know this from a young age.

EASY PEASY PERIODS. NO AWKWARD CONVERSATIONS REQUIRED.

- 2x 90 minute 'Period Perfect Masterclass' videos
- A copy of ['The Bright Girl Guide' ebook](#) – an all encompassing guide to the menstrual cycle and hormones
- Access to a resource kit of activities and worksheets
- Access to our exclusive Facebook group for BONUS resources and a community of support from like-minded families
- Unlimited access to the masterclass recordings to watch back as you wish
- You will receive instant access to material to experience the Masterclasses at your own pace



More info for parents

Use code 'PARENT20' for \$20 off