

Date:

Today I Want To:

- 1.
- 2.
- 3.

(You can draw or write.)

Good Things:

- 1.
- 2.
- 3.

(You can draw or write.)

Quote of the Day: 'I'm not telling you it's going to be easy – I'm telling you it's going to be worth it.' (Art Williams)

Kindness Challenge:

Who were you kind to today?

What did you do?

How did it feel?

How did it make them feel?

(You can draw or write.)

Thinking Time:

I feel sad about...

I feel this way because...

I can feel better by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

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Quote of the Day: 'Nothing is impossible, the word itself says 'I'm possible'.' (Audrey Hepburn)

My Dream for When I'm Older:

What would your dream home be?

Who would you live with?

What would you do each day?

How would you feel?

(You can draw or write.)

Thinking Time:

I am energetic when...

I feel this way because...

I can feel this way more by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

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Quote of the Day: "Shoot for the moon. Even if you miss, you'll land in the stars." (Norman Vincent Price)

My Favourite Films:

Write (or draw) your three favourite films.

- 1.
- 2.
- 3.

How do they make you feel?

(You can draw or write.)

Thinking Time:

I feel confused when...

I feel this way because...

I can help myself when I feel like this by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

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Quote of the Day:
'F A I L. First Attempt In Learning.'
(APJ Abdul Kalam)

My Favourite Holiday:

Think about one of your
favourite holidays.

Where did you go?

What did you do?

Who was there?

(You can draw or write.)

Thinking Time:

I am lonely when...

I feel this way because...

I can help this feeling by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

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Quote of the Day: 'Today is going to be a good day.' (Tom Edwards)

My Favourite TV Programme:

What is your favourite TV program?

Why do you like it?

(You can draw or write.)

Thinking Time:

I feel scared when...

I feel this way because...

I can help this feeling by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

Rate the Day:

