

Monday



'Don't cry
because it's over,
smile because it
happened.'

Dr Seuss

Quote
of the Day

Today I Want To:
Draw or write the
things you'd like to
do today.

Today's News

1.

2.

3.

What did you do?

What did you eat and
drink?

Who were you with?

Who did you speak
to?

Good Things

Monday

Write or draw the things that are good in your life.

1.

2.

3.

Thinking Time

I worry about...

I feel this way because...

I can make this worry better by...

The Best Thing That Happened Today

Draw a picture to show this at the end of the day!

Tuesday

1.

Today I Want To:
Draw or write the things
you'd like to do today.

2.

3.

Quote of the Day

'Be who you are
and say what you
feel, because those
who mind don't
matter, and those
who matter don't
mind.'

Dr Seuss

My Favourite Memory

Where were you?

Who else was there?

Why did you enjoy
it so much?

How does it feel
thinking about it?

The Best Thing That
Happened Today
Draw a picture to show
this at the end of the
day!

Thinking Time

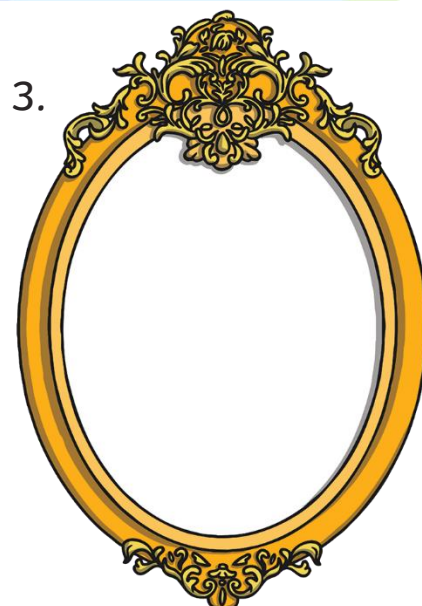
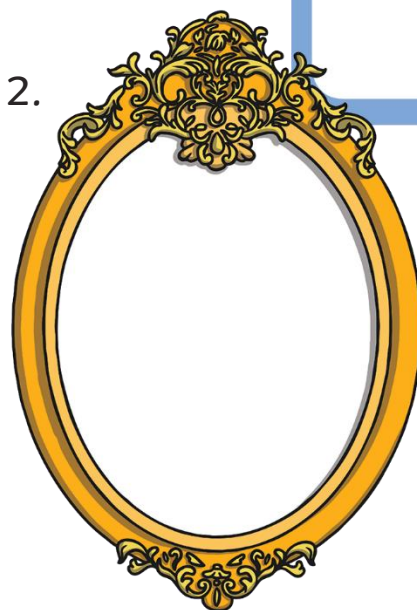
I am happy when...

I feel this way because...

I can feel this way more
by...

Good Things

Write or draw the things that are good in
your life.



Wednesday

Quote of the Day

'It always seems impossible until it is done.'

Nelson
Mandela

Today I Want To:
Draw or write the things
you'd like to do today.

1.

2.

3.



My Favourite Songs

What are your three favourite songs?

1. _____
2. _____
3. _____

How do they make you feel?



Thinking Time

I feel calm when...

I feel this way because...

I can help myself stay calm by...

Good Things

Write or draw the things that are good in your life.

1.

2.

3.

The Best Thing That Happened Today

Draw a picture to show this at the end of the day!



Quote of the Day

'No act of kindness,
no matter how small,
is ever wasted.'

Aesop

Today I Want To:

Draw or write the things you'd like to do today.

1.	2.	3.
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Being
Kind to Others
Think about a time
when you have
been kind to
someone else.

What did you do?

How did the other
person feel?

How do you feel thinking
about this?

Good Things

Write or draw the things that are good in your life.

1.

2.

3.

Thinking Time

I am cross when...

I feel this way because...

I can help myself feel calmer by...

The Best Thing That Happened Today

Complete this at the end of the day!

Friday

Quote of the Day
'Be the change you want to see in the world.'

Mahatma Gandhi

Today I Want To:

Draw or write the things you'd like to do today.

1.

2.

3.



Change the World

What could you do to help make that happen?

Thinking Time

I feel excited when...

I feel this way because...

I can feel this way more by...

Good Things

Write or draw the things that are good in your life.

Friday

1.

2.

3.

The Best Thing That Happened Today

Complete this at the end of the day!