

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.

1.



2.



3.



Rate the Day

