

# Monday

Date: \_\_\_\_\_

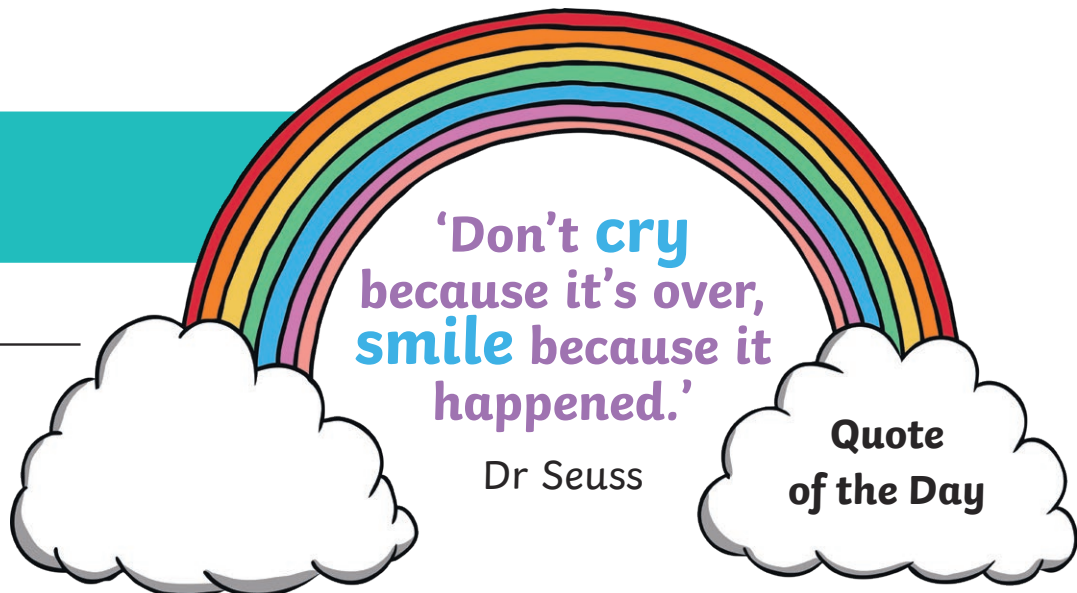
## Today I Want To:

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

1.

2.

3.



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

Dr Seuss

Quote  
of the Day

## Today's News

What did you do?

What did you eat  
and drink?

Who  
were you with?

Who did  
you speak to?

## Good Things

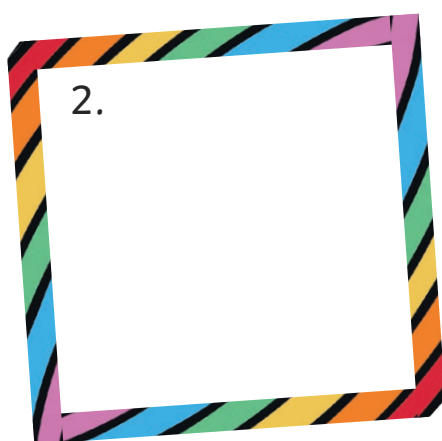
Monday

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!

### Rate the Day



# Tuesday

Date: \_\_\_\_\_

## 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

1.

## Today I Want To:

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

2.

3.

## 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.

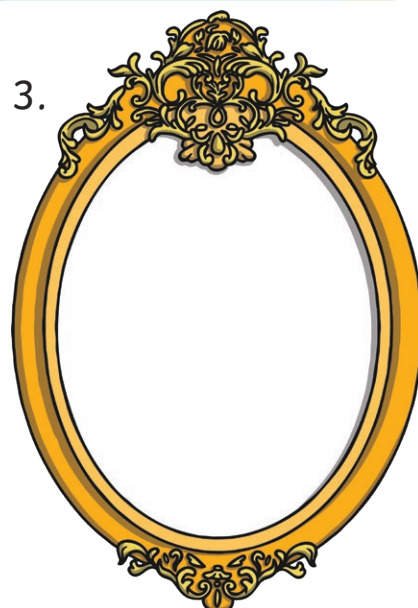
1.



2.



3.



## Rate the Day



# Wednesday

Date: \_\_\_\_\_

**Today I Want To:**

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

1.

2.

3.

Quote of the Day

**'It always seems impossible until it is done.'**

Nelson  
Mandela



**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!

## Rate the Day





# Thursday

Date: \_\_\_\_\_

## 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.



### 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!

## Rate the Day



# Friday

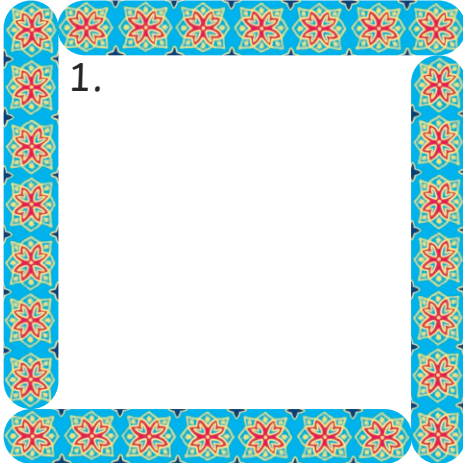
Quote  
of the  
Day

**'Be the change  
you want to see  
in the world.'**

Mahatma Gandhi

Date: \_\_\_\_\_

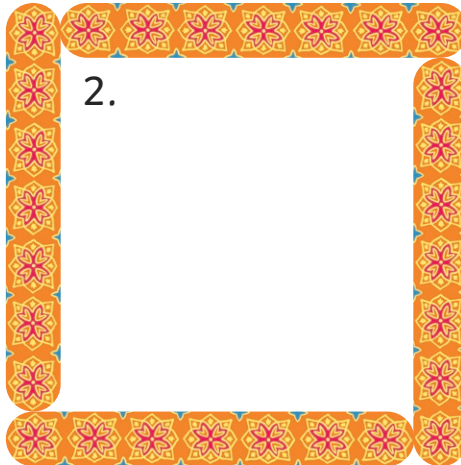
1.



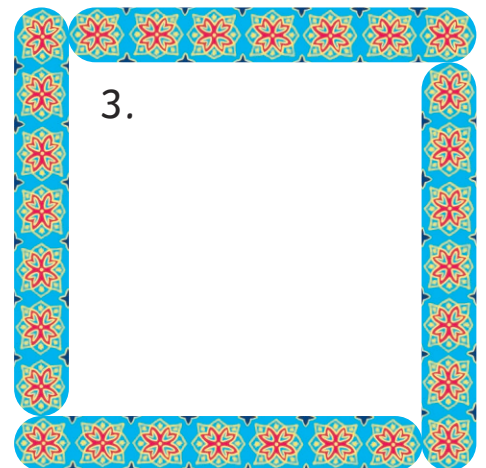
**Today I Want To:**

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

2.



3.



*Change the World*

What would you like to be different  
to make the world better?

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.

1.

2.

3.

### Rate the Day



### The Best Thing That Happened Today

Complete this at the end of the day!