

# 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

