



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!

Rate the Day

