

DAY OF THE WEEK:

QUOTE OF THE DAY...

QUOTE OF THE DAY...

DAY OF THE WEEK:

Today I felt...

Today I felt...

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

Three **GOOD** things that happened today...

Three **GOOD** things that happened today...



One **NEW** thing I learnt today...



What I did right today...

What made me laugh today...

How I was kind today...

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QUOTE OF THE DAY...

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Today I felt...

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Three **GOOD** things that happened today...

Three **GOOD** things that happened today...



Today I am most proud of...

Something I discovered today...

My favourite part of today...

A helpful thing I did today...



DAY OF THE WEEK:

QUOTE OF THE DAY...

Today I felt...

Happy

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Three GOOD things that happened today...

Lined writing area with three starburst icons for notes.

Something I found difficult today...

Lined writing area for a reflection on difficulties.

Today I focused on...

QUOTE OF THE DAY...

DAY OF THE WEEK:

Today I felt...

Happy

FRUSTRATED

Excited

worried

Angry

LOVED

Three GOOD things that happened today...

Lined writing area with three starburst icons for notes.

What I did right today...

Lined writing area for a reflection on positive actions.

Who was kind to me today...



DAY OF THE WEEK:

QUOTE OF THE DAY...

MY BEST DAY OF THE WEEK WAS....

Today I felt...

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

This week I mostly felt...

Happy

FRUSTRATED

Excited

worried

Angry

LOVED

Three **GOOD** things that happened today...

Three **GOOD** things that happened this week...



A superpower I'd like to have...



What made me smile today...

Something I'm looking forward to next week ...

Something I hope to achieve next week ...