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?

_____

_____

_____

_____



Wednesday

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

