

DAY OF THE WEEK:

QUOTE OF THE DAY...

QUOTE OF THE DAY...

DAY OF THE WEEK:

Today I felt...

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

Today I felt...

Happy

FRUSTRATED

Excited

worried

Angry

LOVED

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

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

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

 **KIDSCAPE**
Help With Bullying

What I did right today...

What made me laugh today...

How I was kind today...

DAY OF THE WEEK:

QUOTE OF THE DAY...

QUOTE OF THE DAY...

DAY OF THE WEEK:

Today I felt...

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

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



Today I am most proud of...

My favourite part of today...



Happy

FRUSTRATED

Excited

worried

Angry

LOVED

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



Something I discovered today...

A helpful thing I did today...

DAY OF THE WEEK:

QUOTE OF THE DAY...

Today I felt...

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

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



Something I found difficult today...

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...



What I did right today...

Who was kind to me today...

DAY OF THE WEEK:

QUOTE OF THE DAY...

Today I felt...

Happy

FRUSTRATED

Excited

worried

LOVED

Angry

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



A superpower I'd like to have...

What made me smile today...

MY BEST DAY OF THE WEEK WAS....

This week I mostly felt...

Happy

FRUSTRATED

Excited

worried

Angry

LOVED

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



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

Something I hope to achieve next week ...