

Day _____

Date _____

Colour how you're feeling today:



Can you label the emotion you're feeling?

What is something that went well for you today?

How will you show kindness to somebody this week?

Write 3 things you're grateful for today:

Three large, empty heart outlines arranged horizontally, intended for writing three things the user is grateful for.

Day _____

Date _____

Colour how you are feeling today:



Can you name the emotion you are feeling?

Draw something you did today that made you feel happy:

Write 3 things you are grateful for today:

