Day _____   **Date** _____

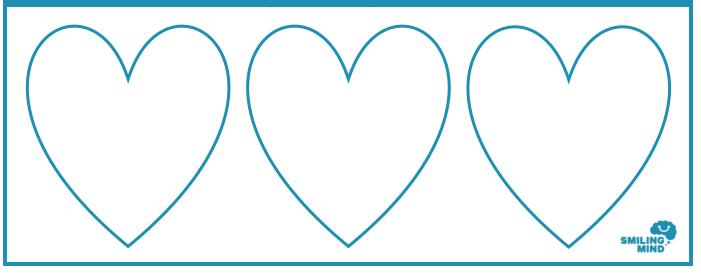## Colour how you're feeling today:

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:

SMILING MIND

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:

SMILING MIND