

Date: _____

Things That Made Me Happy Today

At School



In Nature

On Television



In People



In Myself



What Made Me Feel Positive Today?





Date: _____

Count Your Blessings

Who Was Kind To Me Today?	
Who Helped Me Today?	
What I Enjoyed Doing Today?	
Who Made Me Happy Today?	
What Made Me Feel Important?	
What Simple Thing Made Today Good?	
What Food Made Me Happy Today?	





Date: _____

Happy Scribbles

People I Love	People Who Love Me	My Favourite Teachers

Simple Pleasures	Family I Love	Friends I Love

Favourite Memories	Books I Love	My Best Qualities





Date: _____

Things That Made Me Happy Today

At School...	In Nature...	In People...	In Myself...



What Made Me Feel Positive Today?


