



## Quote of the Day

'No act of kindness,  
no matter how small,  
is ever wasted.'

Aesop

### Today I Want To:

Draw or write the things you'd like to do today.

1.	2.	3.
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### Being Kind to Others

Think about a time when you have been kind to someone else.

What did you do?

How did the other person feel?

How do you feel thinking about this?

### Good Things

Write or draw the things that are good in your life.

1.

2.

3.

### Thinking Time

I am cross when...

I feel this way because...

I can help myself feel calmer by...

### The Best Thing That Happened Today

Complete this at the end of the day!

### Rate the Day

