

# Wednesday

Date: \_\_\_\_\_

## Today I Want To:

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

1.

2.

3.

## Quote of the Day

'It always seems impossible until it is done.'

Nelson  
Mandela



## My Favourite Songs

What are your three favourite songs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How do they make you feel?

---

---

---

---



### Thinking Time

I feel calm when...

I feel this way because...

I can help myself stay calm by...

### Good Things

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

1.

2.

3.

### The Best Thing That Happened Today

Draw a picture to show this at the end of the day!

### Rate the Day

