

Date:

Today I Want To:

1.

2.

3.

(You can draw or write.)

Quote of the Day: 'Today is going to be a good day.' (Tom Edwards)

My Favourite TV Programme:

What is your favourite TV program?

Good Things:

1.

2.

3.

(You can draw or write.)

Why do you like it?

(You can draw or write.)

## Thinking Time:

I feel scared when...

I feel this way because...

I can help this feeling by...

(You can draw or write.)

## The Best Thing That Happened Today:

(You can draw or write.)

Rate the Day:

