

My Happiness Journal

Name: _____

Draw a picture of yourself feeling happy.



Mind Your Mind!



Monday

Can you think of three things that made you feel happy today in school and at home?
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...



Homework

Talk about these pictures with a parent/guardian.

Parent/Guardian: _____

Tuesday

Can you think of three things that made you feel happy today in school and at home?
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...



Homework

Talk about these pictures with a parent/guardian.

Parent/Guardian: _____

Wednesday

Can you think of three things that made you feel happy today in school and at home?
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...



Homework

Talk about these pictures with a parent/guardian.

Parent/Guardian: _____

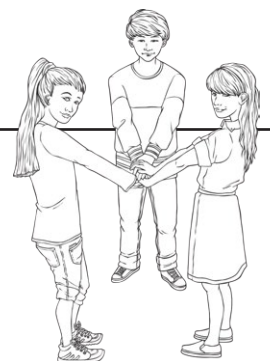
Thursday

Can you think of three things that made you feel happy today in school and at home?
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...



Homework

Talk about these pictures with a parent/guardian.

Parent/Guardian: _____

Friday

Can you think of three things that made you feel happy today in school and at home?
Record them below and draw a picture.

1. I felt happy when...

2. I felt happy when...

3. I felt happy when...

Homework

Talk about these pictures with a parent/guardian.

Parent/Guardian: _____

