# Wednesday Quote of the Day 'It always seems Date: impossible until it is Today I Want To: Draw or write the things done. you'd like to do today. Nelson Mandela 1. 3. My Favourite Songs What are your three favourite songs? How do they make you feel?





### Wednesday

### **Thinking Time**

I feel calm when...

I feel this way because...

I can help myself stay calm by...

## Rate the Day











#### **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!

