Wellbeing Journal

Thursday

Write down and draw three things that you are going to do today to make the people in your house smile.

1. ………………………………………………………………………………………………………………………………………………………………………………………………………………
2. ………………………………………………………………………………………………………………………………………………………………………………………………………………
3. ………………………………………………………………………………………………………………………………………………………………………………………………………………