

24

finish



23

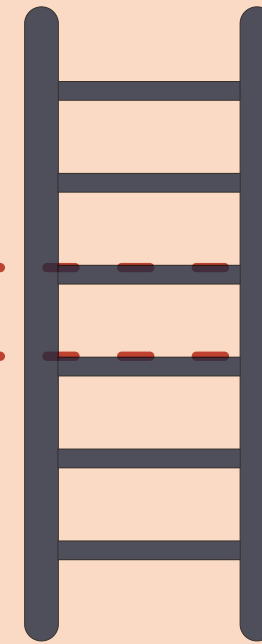
what are you looking forward to?

22



21

do 5 squats



20



19

give someone a high five

13

what's your favourite part of the day?

14

what made you laugh today?

15

when do you feel happiest?

16

tell a joke

17

say something kind to yourself

18

take 3 deep breaths

12

YOU CAN DO IT!

11

make your silliest face

10

give yourself a hug

9



8

what would you like to get better at?

7

what are you proudest of?

1

start



2

what do you like most about yourself?

3

what made you laugh today?

4

tell someone what you like about them

5

what's your favourite food?

6





Mood Tracker



Monday



Tuesday



Wednesday



Thursday



Friday



it's okay to feel



your feelings