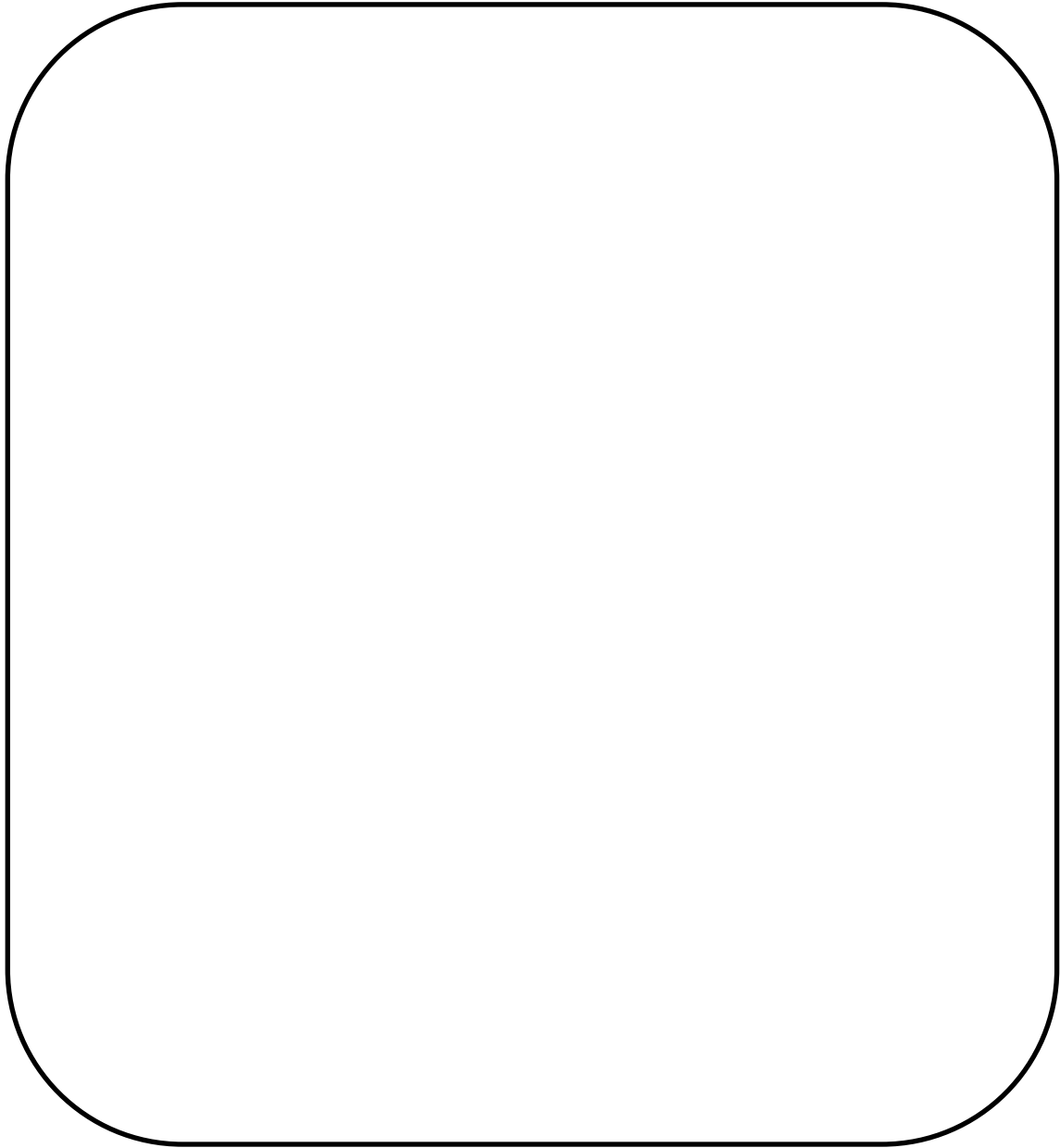


Happy at Home Journal

A large, empty rounded rectangular box with a black outline, intended for writing or drawing.

Start Date:

End Date:

My name is

This is my Happy at Home Journal.

Whilst I am keeping safe at home I am going to try my best to;

- . Be grateful.
- . Be kind.
- . Be honest.
- . Be positive.
- . Be curious.
- . Be considerate.
- . Be loving.

I am going to learn something new every day.

I am going to find something to be happy about in every day.

My Signature

Try saying the happy thoughts out loud .

Sad Thoughts

I can't do this

I give up

This is too easy

I'm rubbish at spelling

My brother/sister is
better at this

This will do

I got this wrong

This is too hard

Happy Thoughts

I can't do this YET

I'll try a different way

How can I challenge
myself?

I'm going to work at it

I can learn from others

How can I make this
even better?

I always learn from my
mistakes

I like a challenge

What makes me happy at home?

Pick some things to think about, or do, when you need them.

You can choose from talking to family, friends, cuddling your pets, reading, watching a film, doing an activity anything!

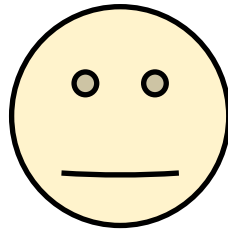
Write or draw your ideas.

My Emoji Emotions

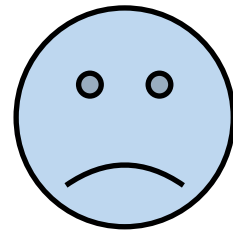
Draw a different face for each emotion. You are going to need these later on in the journal. You can add hair and different colours to represent your feelings.



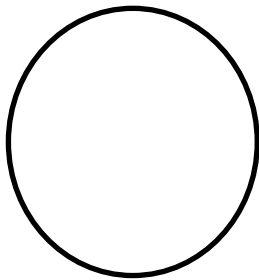
Happy



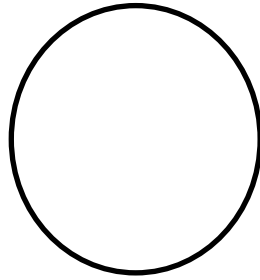
O.K



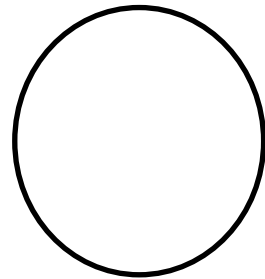
Sad



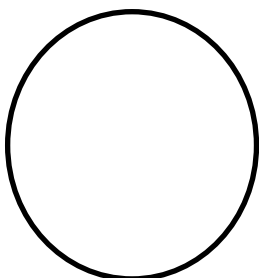
Excited



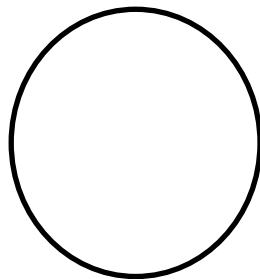
Angry



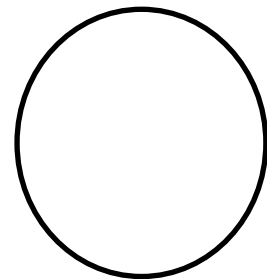
Scared



Confident



Relaxed



Loved

Date

Day One of my Journal

"No act of kindness, no matter how small, is ever wasted."

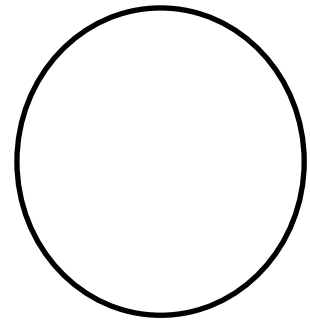
Aesop

Top Three things About Today

1.

2.

3.



Emotion Emoji

Tick the ones that you did today.

I said Please

I said Thank You

I smiled

I ate a piece of fruit

Date

Day Two of my Journal

"Do the best you can until you know better, then when you know better, do better."

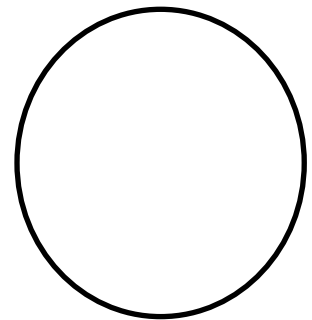
Maya Angelou

Top Three things About Today

1.

2.

3.



Emotion Emoji

How did you help someone today?

.....

.....

How did someone help you?

.....

.....

Date

Day Three of my Journal

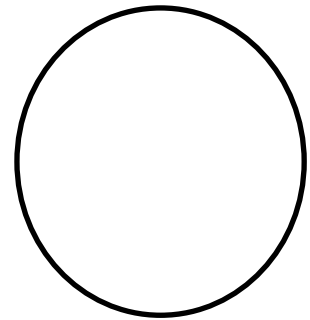
"I have chosen to be happy because it is good for my health"
Voltaire

Top Three Things About Today

1.

2.

3.



Emotion Emoji

Tick the ones that you did today.

I said 'I love you.'

I laughed out loud

I brushed my teeth

I helped someone

Date

Day Four of my Journal

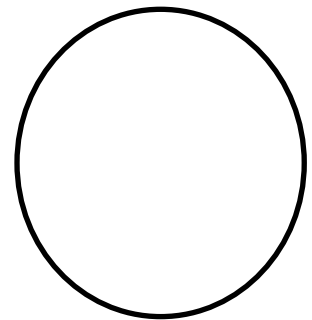
"You were not born to win. You were not born to lose. You were born to choose"

Top Three things About Today

1.

2.

3.



Emotion Emoji

An interesting fact that I learned today.

.....

.....

A kind thing that I said to someone today.

.....

.....

Date

Day Five of my Journal

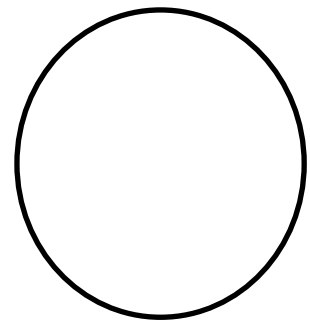
"Dream it. Believe it. Achieve it"

Top Three Things About Today

1.

2.

3.



Emotion Emoji

Tick the ones that you did today.

I enjoyed reading

I got the sun on my face

I ate something delicious

I giggled

Date

Day Six of my Journal

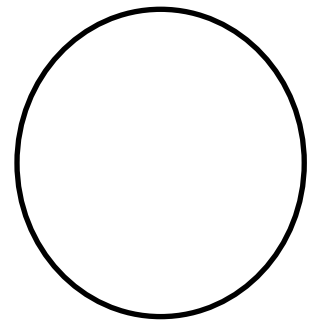
"There is no substitute for your best work"

Top Three things About Today

1.

2.

3.



Emotion Emoji

A face that makes me happy when I see it.

.....

.....

A word that makes me happy when I hear it.

.....

.....

Date

Day Seven of my Journal

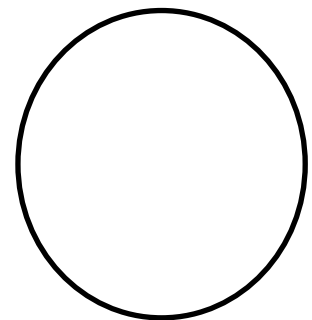
"If at first you don't succeed ... You're normal."

Top Three Things About Today

1.

2.

3.



Emotion Emoji

Tick the ones that you did today.

I sang a song

I hugged someone

I ate something green

I did some star jumps

Well done You have
completed one week of your
Happy at Home Journal.

Reward yourself with a treat!

My treat will be

