



# KS2 Mental Health Pack



# Monday

Date: \_\_\_\_\_

## Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Quote of the Day

**'Don't cry  
because it's over,  
smile because  
it happened.'**

Dr Seuss

## Reflection on Today

Write what you did, what you ate and drank,  
who you saw (virtually) and who you spoke with.

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Monday

### Things I Am Grateful for Today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Am I Worried About?

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### Why Do I Feel This Way?

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### How Can I Ease This Worry?

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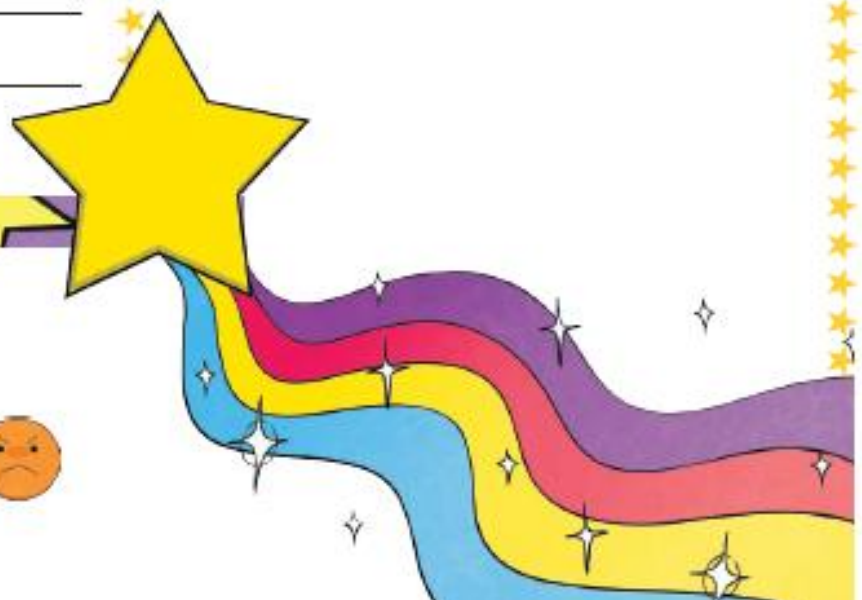
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### The Best Thing That Happened Today

Complete this at the end of the day!

### Rate the Day







**Tuesday**

Date: \_\_\_\_\_

### Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Quote of the Day

**'Be who  
you are  
and  
say what  
you feel,  
because those  
who mind  
don't matter,  
and those  
who matter  
don't mind.'**

Dr Seuss

### My Favourite Memory

Write where you were, who else was there, why you enjoyed it so much and how it feels thinking about it.

Tuesday



### The Best Thing That Happened Today

Complete this at the end of the day!

### Rate the Day



### What Am I Worried About?

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### Why Do I Feel This Way?

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### How Can I Ease This Worry?

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### Things I Am Grateful for Today

1. 

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2. 

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3. 

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### Quote of the Day

**'It always seems impossible until it is done.'**

Nelson  
Mandela

## Wednesday

Date: \_\_\_\_\_

### Goals for Today:

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### My Favourite Songs

What are your three favourite songs?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Why do you like these songs?

\_\_\_\_\_

\_\_\_\_\_

How do they make you feel?

\_\_\_\_\_

\_\_\_\_\_







Wednesday

**What Am I Worried About?**

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**Why Do I Feel This Way?**

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**How Can I Ease This Worry?**

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**Things I Am Grateful for Today**

1. 

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2. 

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3. 

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**The Best Thing That Happened Today**

Complete this at the end of the day!

**Rate the Day**





# Thursday

Date: \_\_\_\_\_

## Quote of the Day

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

Aesop

### Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

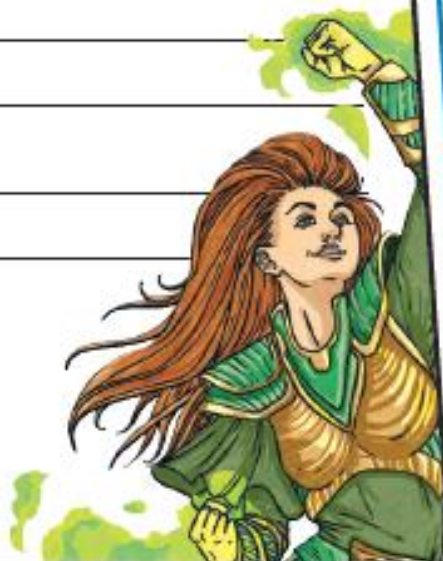
\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_



### Being Kind to Others

Think about a time when you have been kind to others. What did you do?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did the other people feel?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How do you feel thinking about this?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Thursday

**What Am I Worried About?**

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**Why Do I Feel This Way?**

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**How Can I Ease This Worry?**

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**Things I Am  
Grateful for Today**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**The Best Thing That Happened Today**

Complete this at the end of the day!

**Rate the Day**





### Quote of the Day

**Be the change  
you want  
to see in  
the world.**

Mahatma Gandhi

**Friday**

Date: \_\_\_\_\_

### Goals for Today

Write these at the start of each day. You do not need to come back to them and reflect on them at the end of the day.

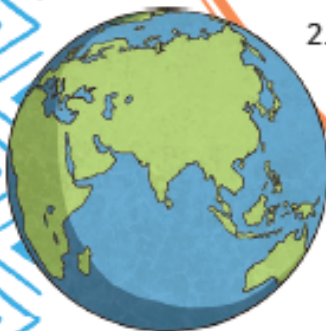
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



### Change the World

What big change would you like to see in the world?

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What could you do to help to make that change happen?

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Friday

### Things I Am Grateful for Today

1. \_\_\_\_\_

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2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

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### What Am I Worried About?

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\_\_\_\_\_

### Why Do I Feel This Way?

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### How Can I Ease This Worry?

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\_\_\_\_\_

### The Best Thing That Happened Today

Complete this at the end of the day!

### Rate the Day

