



KS1

Mental

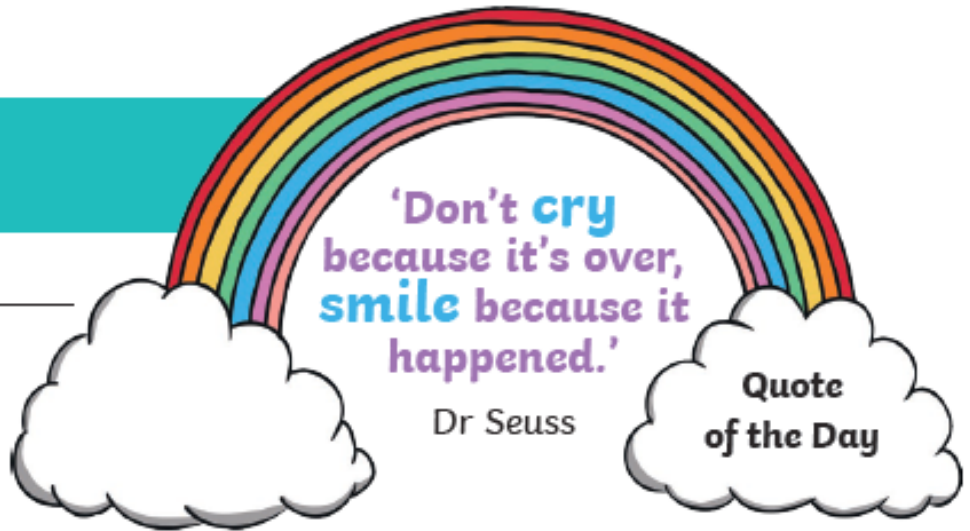
Health

Pack



Monday

Date: _____



Today I Want To:

Draw or write the things you'd like to do today.

1.

2.

3.

Today's News

What did you do?	What did you eat and drink?
Who were you with?	Who did you speak to?



Tuesday

Date: _____

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

1.

Today I Want To:

Draw or write the things
you'd like to do today.

2.

3.

My Favourite Memory

Where were you?	Who else was there?
Why did you enjoy it so much?	How does it feel thinking about it?

Tuesday

The Best Thing That Happened Today
Draw a picture to show this at the end of the day!

Thinking Time

I am happy when...

I feel this way because...

I can feel this way more by...

Good Things

Write or draw the things that are good in your life.



Rate the Day





Wednesday

Date: _____

Today I Want To:
Draw or write the things you'd like to do today.

1. 

2. 

3. 

Quote of the Day

'It always seems impossible until it is done.'

Nelson Mandela



My Favourite Songs
What are your three favourite songs?

1. _____

2. _____

3. _____

How do they make you feel?





Quote of the Day

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

Aesop

Today I Want To:

Draw or write the things you'd like to do today.

1.	2.	3.
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**Being
Kind to Others**

Think about a time
when you have been
kind to someone else.

What did you do?

How did the other
person feel?

How do you feel
thinking about this?



Friday

Quote of the Day
'Be the change you want to see in the world.'

Mahatma Gandhi

Date: _____

1.

Today I Want To:

Draw or write the things you'd like to do today.

2.

3.



Change the World

What would you like to be different to make the world better?

What could you do to help make that happen?