

**Well-being journal****worksheet**

Today's date \_\_\_\_\_

Write and draw some of the things you did today and how you felt.

Who did you talk to, write to or message?	What did you do to be active?
What did you notice around you?	What did you learn?
What did you make or play?	What did you do to help?
What was the best thing about today?	How did you feel today? Draw some emojis!