

My Happiness Journal

Name: _____

Draw a picture of yourself feeling happy.



Mind Your Mind!



Monday



Can you think of two things that made you feel happy today?

1. I felt happy when...

2. I felt happy when...

Homework

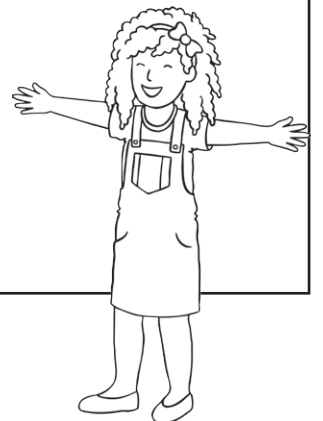
Talk about these pictures with a parent/guardian.

Tuesday

Can you think of two things that made you feel happy today?

1. I felt happy when...

2. I felt happy when...



Homework

Talk about these pictures with a parent/guardian.

Wednesday



Can you think of two things that made you feel happy today?

1. I felt happy when...

2. I felt happy when...

Homework

Talk about these pictures with a parent/guardian.

Thursday

Can you think of two things that made you feel happy today?

1. I felt happy when...

2. I felt happy when...



Homework

Talk about these pictures with a parent/guardian.

Friday



Can you think of two things that made you feel happy today?

1. I felt happy when...

2. I felt happy when...

Homework

Talk about these pictures with a parent/guardian.

Why not try to continue this activity over the weekend?