

High Five Friday

Keep Learning Activity

My 3 Good Things Journal

Keep a journal of my '3 Good Things' that have happened daily, you can then reflect back on them from week to week. Try to add new things every week or aim to become better at some of the things you have added in previous weeks.

What could you add to your '3 Good Things Journal?'

What strengths did you use today?

What are you grateful for?

How did you make others feel today?

What are you proud of yourself for today?

What challenges did you overcome?

How were you a good friend to others?

How could you do even better tomorrow?

What was your favourite activity?

How did you show kindness today?

What positive choices did you make today?