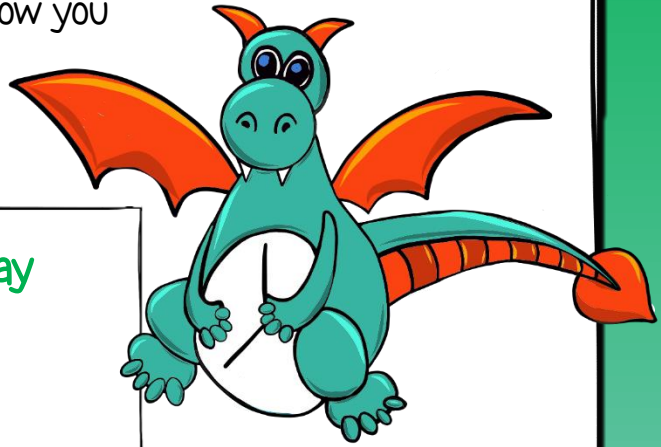


Keeping Track of Time

Do you know what day it is? Decide how you are going to keep track of the days. Keep a record.



Sunday

Monday

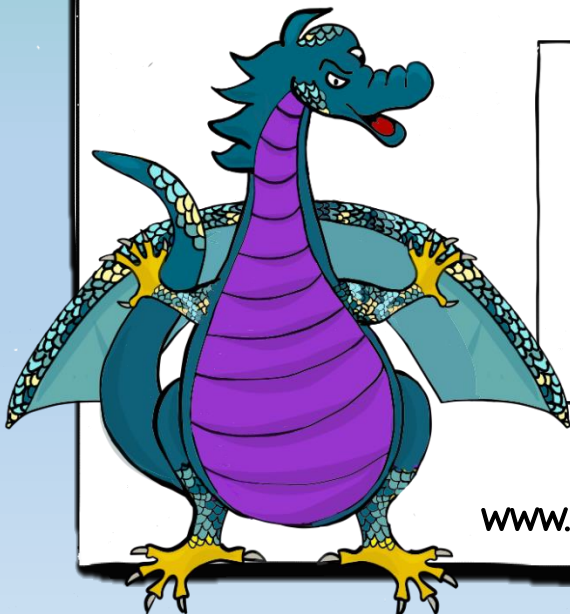
Tuesday

Wednesday

Thursday

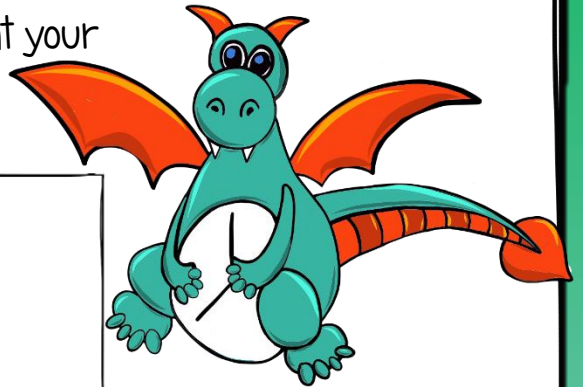
Friday

Saturday



Feeling Grateful

Think of something every day that you are grateful for. Keep a record. Look back at your list whenever you are feeling blue.



Sunday

Monday

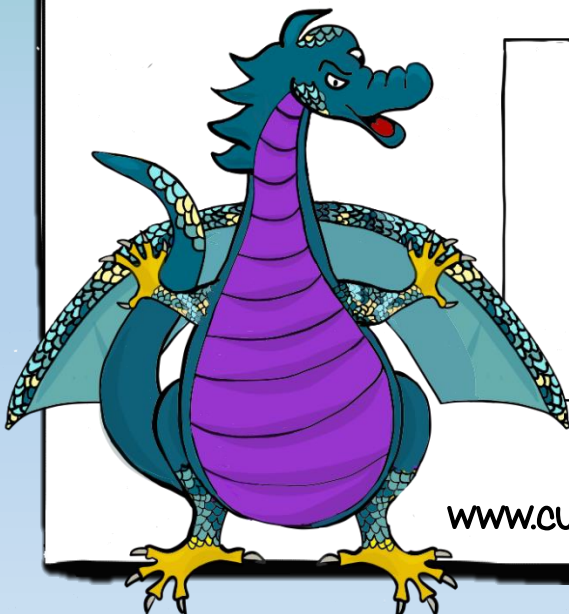
Tuesday

Wednesday

Thursday

Friday

Saturday

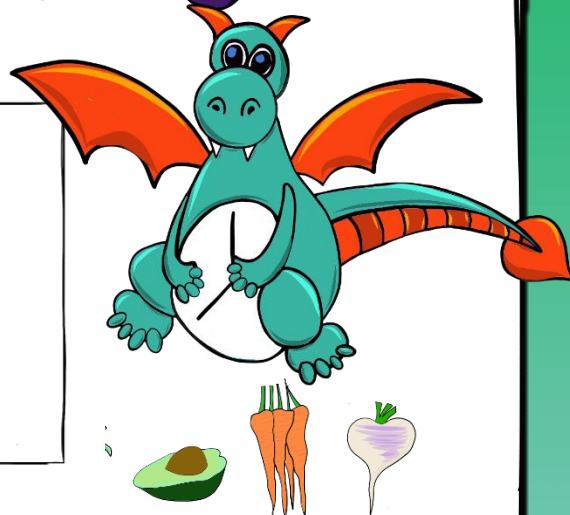


The Vegetable Challenge

Can you eat a different vegetable every day?

Why not try out some new vegetables too?

Keep a record of the vegetables you try.



Sunday

Monday

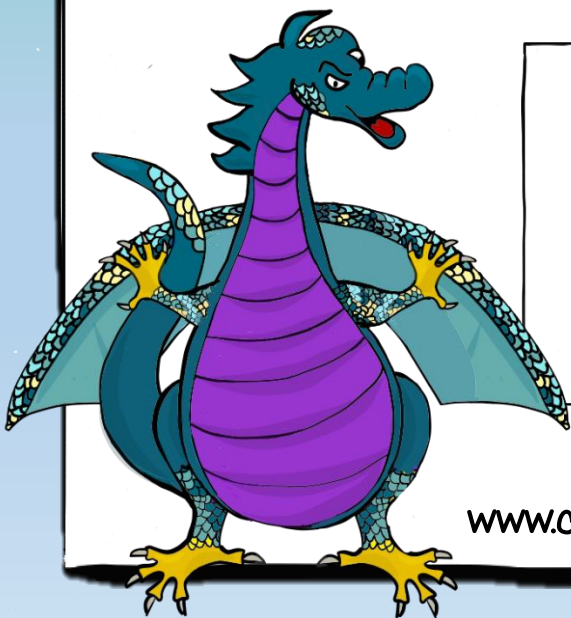
Tuesday

Wednesday

Thursday

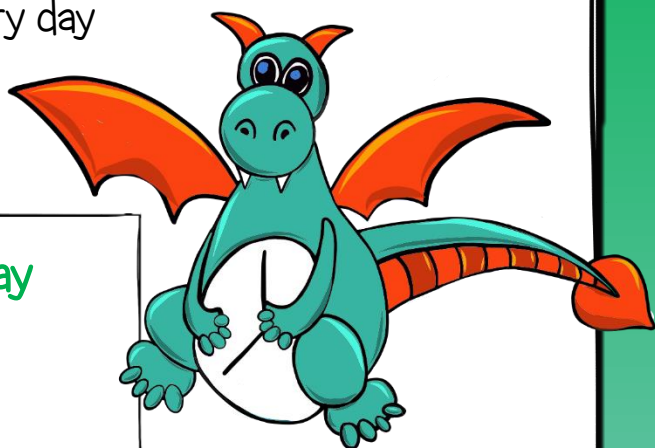
Friday

Saturday



Look after yourself

Think of something you could do every day
that will make you feel good



Sunday

Monday

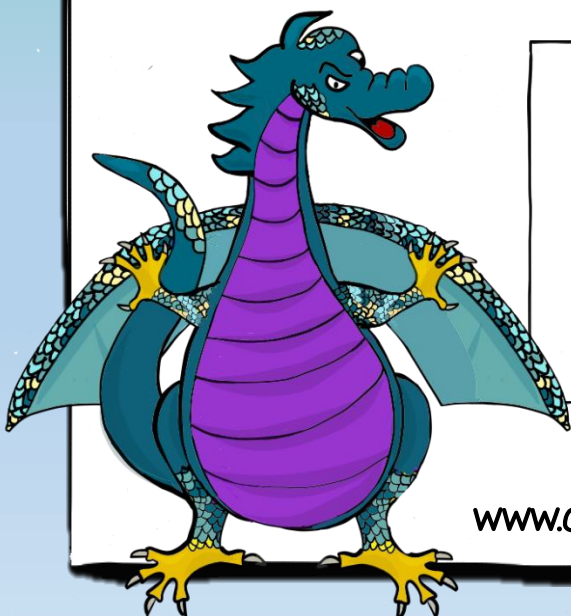
Tuesday

Wednesday

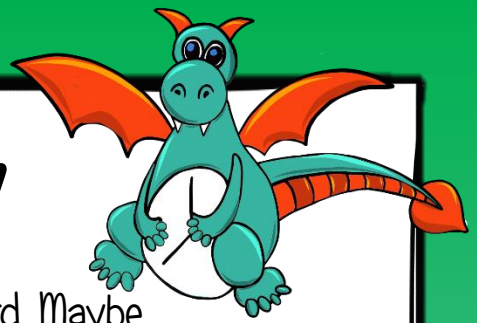
Thursday

Friday

Saturday



Happy Birthday



Find out who was born on this day. Keep a record. Maybe you could sing happy birthday to them while you wash your hands!

Month:

		1	2	3
4	5	6	7	8
9	10	11	12	13
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		

