

## Wellbeing Chart

		M	T	W	Th	F	S	S
Practised my meditation skills								
Said my morning and bed-time affirmation 'Every day in every way I'm getting better and better'.	yes 							
Had a hug.								
Did my calm breathing. I can use it to help myself.								
Did something fun.								
Let others know how I felt, using my words.								
Helped my parent today!								
Put on some 'lucky goggles' and found 3 things I can be grateful for.								