Write in your note book your positivity chart from Monday-Friday

1. The things you done well on each day
2. What you enjoyed on the day for example (On Monday I enjoyed reading a book)
3. People you like and why (one person per a day) think about your friends and teachers
4. What is your favourite thing and why (one thing per day)
5. What made you happy on the day? (maybe your parent made your favourite food on Tuesday)

