



Ruby Ru's Resilience Challenge

Ask your buddy if they have tried anything new recently that they were uncertain about trying?
Can you think of something new you can learn or try such as a new activity, a different food or a new song to sing?

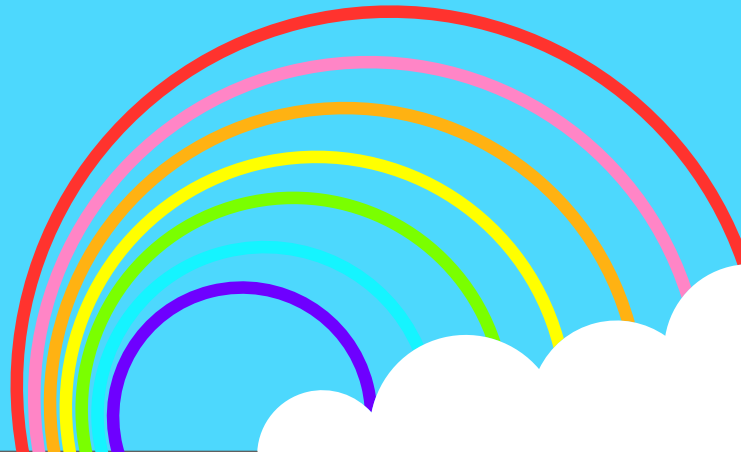
Time to colour



Take Ten Daily Journal

'Don't give up,
don't give in there is
always an answer to
everything'

– Lamy Hanchaoui



Take time to complete your journal with a grown up buddy every day.

Today's date

Today I was mostly feeling

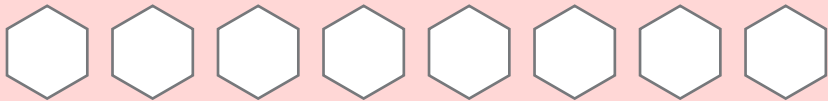


Today my journal buddy is

My buddy was mostly feeling



How many coloured Behaviour tokens did I have at the end of today? Colour in your number.



What went well today?

What have I learnt today?

What did I do to make someone smile today?

What made me happy today?

What could I do to make someone smile tomorrow?

What could I do to make myself feel happy tomorrow?