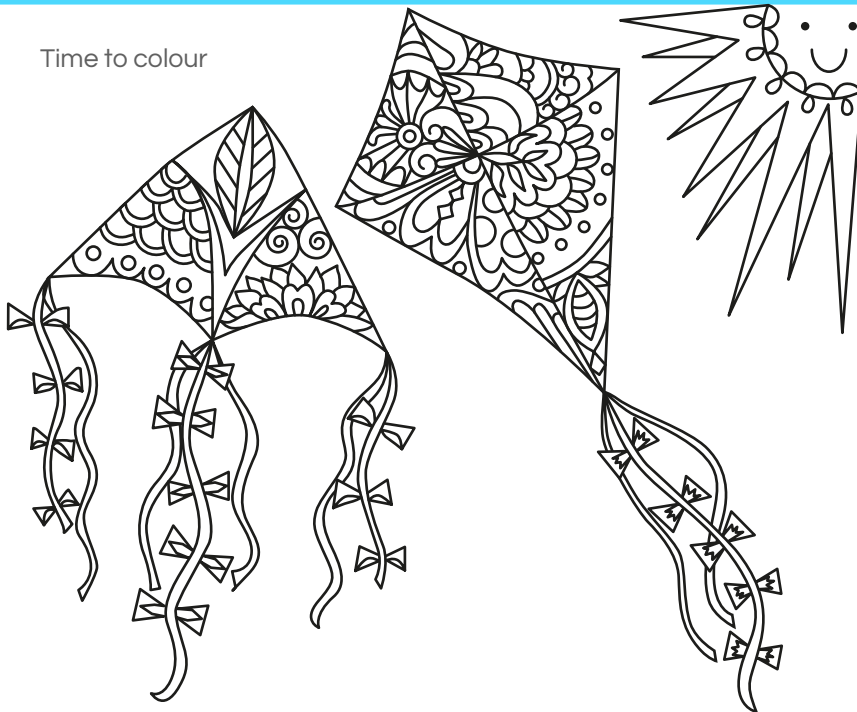




## JJ's Confidence Challenge

Ask your buddy what qualities they think make you unique?  
Now it is your turn, can you think of a friend or family member  
and describe what makes them unique?

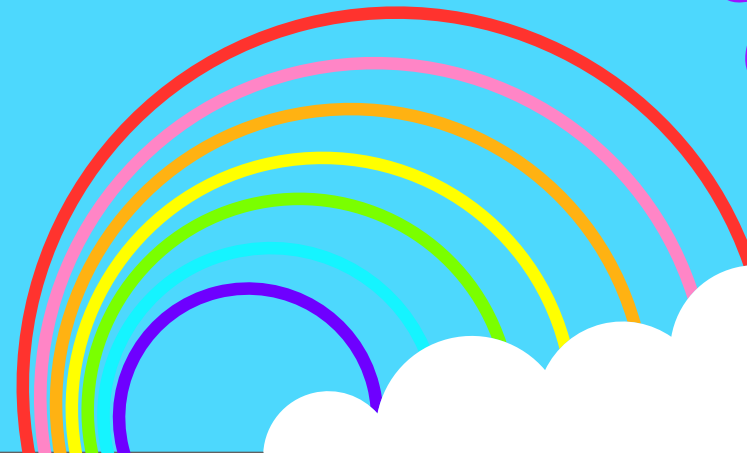
Time to colour



# Take Ten Daily Journal

'You were not born  
a winner, you were not  
born a loser you were  
born a chooser'

- Lou Holtz



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

Today's date

Today I was mostly feeling

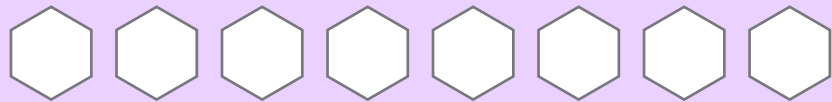


Today my journal buddy is

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?