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## Ottery St Mary Primary School

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### Three Good Things

This activity will help to focus children on the positive aspects of their day and provide a tool for reflecting on their successes.

Daily, make time to discuss three good things that have happened. It is important to listen without judgement, and to let children have space to share their experiences. It is also helpful to model this, as a family you could take it in turns to share your positive experiences of the day.

This can be used to form a journal that the child can look back on for reassurance, or may just be used for a short while to remind them of the things they enjoy at school.



## Day 1

One good thing that happened today was...	
Something someone else did that was good was ...	
Today we had fun in class when ...	

## Day 2

Something I completed well today was ...	
Something that made me laugh today was ...	
Something that made me thankful today was ...	

## Day 3

Today I smiled when ...	
I felt glad and happy when ...	
Something that I will always remember was ...	

## Day 4

Today was special because ...	
Something that made me feel proud was when ...	
My favourite part of today was when ...	

## Day 5

The first thing that made me smile today was ...	
Something good I saw someone do today was ...	
The best thing that happened today was when ...	

This week, the thing I am most proud of is: