**This week I might try:**

***To turn a bad day into a better one!***

**I’ll try to remember that there are 4 things I can do to turn my day around.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I can turn a bad day into a better one!** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| 1. **Talk to someone**   I had a bad day… |  |  |  |  |  |
| 1. **Spend time doing something you like** |  |  |  |  |  |
| 1. **Focus on the positives** |  |  |  |  |  |
| 1. **Remember that today will pass** |  |  |  |  |  |

