




Doing something kind, however small, can have a positive effect on how we feel.

This exercise challenges you to perform one deliberate act of kindness per day, so that you can reflect upon how it makes you feel and think; and to encourage you to do these things more often. It could be as simple as holding a door open for someone, letting an older person have your seat on the bus, inviting a friend around at the weekend, or it might be about being kind to yourself; if you look for opportunities, it's amazing how many you will see.

Tuesday	Made my Mum a drink when she got home from work	Friendly, helpful	Me & Mum got chance to talk
Wednesday	Watched my FAVOURITE programme on telly!!!	Calm, relaxed -Chilled!!	I'm not always stress'd!!!! 

The diary sheet below allows you to record one week of events; please make more copies so that you can do this every week!

DATE //	What did you do? 	How did you feel? 	What thoughts are in your mind now, as you right this down 
MONDAY			
Tuesday			
Wednesday			
Thursday			
FRiday			
SATURday			
SUNDAY			