




**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.

|                  |   |                          |   |
|------------------|---|--------------------------|---|
| <b>Tuesday</b>   | Made my Mum a drink when she got home from work | Friendly, helpful        | Me & Mum got chance to talk   |
| <b>Wednesday</b> | 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<br>/ /      | What did you do?  | How did you feel?  | What thoughts are in your mind now, as you right this down  |
|------------------|--|---|--|
| <b>MONDAY</b>    |  |   |  |
| <b>Tuesday</b>   |  |   |  |
| <b>Wednesday</b> |  |   |  |
| <b>Thursday</b>  |  |   |  |
| <b>FRiday</b>    |  |   |  |
| <b>SATURday</b>  |  |   |  |
| <b>SUNDAY</b>    |  |   |  |