

## Good Day

- Waking up when my alarm goes off.
- Having lots of sleep.
- My children making me laugh before I leave for school.
- Taking a cup of tea with me to school.
- Remembering to take my lunch.
- The sun shining
- The computer and photocopier working.
- Being able to find everything I need at school.
- Completing my work.
- Dropping my children off at sports club early or on time!
- Talking to friends.

## Bad Day

- Waking up late.
- Everyone being grumpy at home.
- Being tired
- Forgetting my cup of tea or my lunch!
- Raining
- The computer or photocopier breaking.
- Not being able to find things.
- Not being able to finish all my work.
- Being late to drop my children off at their sports clubs.
- Forgetting a friend's birthday.

- People listening, being patient, being kind and forgiving. A cup of tea, cake and a hug!