

## Journal Project

Every day, keep a journal of what you've been doing.

Write about what you do each day. Take photos and videos of what you have been up to. You can send your videos to us and you might get featured on the Percy Hedley Foundation Facebook or Twitter pages!

Think about things that have made you happy or made you laugh each day.

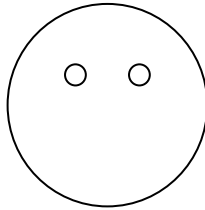
Make a summary of each week to highlight the best bits.

Use the sample journal pages for ideas of what to include or design your own journal pages. Get as creative as you like!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Monday Tuesday Wednesday Thursday Friday Saturday  
Sunday

The weather today was: \_\_\_\_\_



My mood today was: \_\_\_\_\_

Today I: \_\_\_\_\_

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My favourite part of today was: \_\_\_\_\_

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Tomorrow I want to: \_\_\_\_\_

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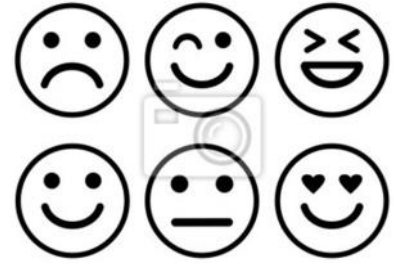
Name: \_\_\_\_\_

Date: \_\_\_\_\_

Weather:



Rating:



What have you done today?

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Best part of the day:

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Best food of the day:

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A photo/drawing/memory of the day:

Something that made me laugh:

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Right now I am....

1. Hearing:

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2. Eating:

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3. Drinking:

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4. Wearing:

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5. Feeling:

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6. Looking at:

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7. Wanting:

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8. Needing:

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9. Thinking:

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10. Enjoying:

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Name: \_\_\_\_\_

# Weekly Review



*Something I did well*

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**Fun fact**

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**Something I learned**

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**Best thing about this week**

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**Something new I want to do**

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*Something I want to do again next week*

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