



Roll two dice, add them up and answer the questions

2	I wish for	
3	My happy place is	
4	I can relax by	
5	My proudest moment	
6	I was brave when	
7	I am thankful for	
8	I want to get better at	
9	My biggest goal in life is	
10	A time when I succeeded at something	
11	Something new that I tried	
12	Something new that I learnt to do	

Recipe for Wellbeing

11 empty circles for writing ingredients.

What would you put into a recipe for WELLBEING?



Give each emotion a colour.
Track your mood each day by
filling in a petal with the colour
of the emotion you are feeling.
What will your finished flower
look like?

Mood Tracker

