

# Looking back on my day



First of all, choose a wooden doll, male or female. Draw and colour in the hair, eyes, mouth and nose, and any clothing and shoes you would like. Make it special, just like you! On one side, make a happy face. On the other side, make a sad face. Use these two sides to help you think about two questions:

**When was I happiest today?** (write this question on the happy face side of your stick)

**When was I saddest?** (write this question on the sad face side of your stick)

There are other ways to ask the same question:

**What was today's high point?**      **What was today's low point?**

**When did I give and receive the most love today?**

**When did I give and receive the least love today?**

**Doing the exercise:** 1. Take a moment to become quiet and still.

2. Play back the events of the day in your mind.

3. Notice when you felt happy and when you felt sad.

When was the happiest moment? When was the saddest?

Share with your parent or carer your answers.

4. Maybe your parent would like to think about their day, and tell you their thoughts.

5. If you say prayers, you could thank God for the happy moments, and ask God to help you with anything that is difficult.

You might like to make a special bag to keep your doll in for another day.

