

Spot the positives...

Fill in 3 positive things
that have happened
each day!

Monday

- 1)
- 2)
- 3)

Tuesday

- 1)
- 2)
- 3)

Wednesday

- 1)
- 2)
- 3)

Thursday

- 1)
- 2)
- 3)

Friday

- 1)
- 2)
- 3)

Saturday

- 1)
- 2)
- 3)

Sunday

- 1)
- 2)
- 3)

#HowAreYouDoing



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales