

My Day Journal

Date: _____

My goal for today is to _____



How I will move my body to exercise:



Something I will do for fun today:

A large, empty rectangular box with a colorful, wavy border. The border is composed of a spectrum of colors including purple, blue, green, and yellow, with a slightly irregular, hand-drawn appearance. The interior of the box is white and completely blank, providing space for a child to write down a fun activity they plan to do today.

Something I will do for someone else:

A large, empty rectangular box with a colorful, wavy border, identical in style to the one above. The border features a vibrant, multi-colored pattern with wavy edges. The interior is a plain white space, designed for a child to describe a kind or helpful action they intend to perform for another person.