

## Daily Reflection Task:

During this time, we should take time to think about what is most important and to keep positive.

Here is an activity to help you do this...

Think about these three things:

1. What are you grateful for today?
2. What are you looking forward to today?
3. What has made you smile today?

Here is an example from Mrs Parker:

- 1). I am grateful that I can hear the birds singing outside the window.
- 2). I am looking forward to going for a walk in the sunshine with my husband
- 3). I had a video chat with Miss Britton and her baby boy this morning 😊

You can write your reflection in a diary/journal/on any piece of paper, record yourself speaking on an electronic device or just keep it in your mind!

Once you have done this, see if you can do the following:

- Ask at least one person (everyone if you like!) who is at home with you the same three questions to find out what is making them happy.
- Ask someone in your house to ask one of their friends the same three questions.

**~ Let's see how far we can spread the happiness! ~**