When you are writing or drawing in each of the coloured houses think about these things:

Home	School	Clubs
Learning	Family	Friends



SAD THOUGHTS BAD THINGS

Is anything making you feel sad? What could be better?



HAPPY THOUGHTS GOOD THINGS

What makes you feel happy? What is working well? If you can't think of anything happy what is helping you to cope?



DREAMS HOPES

What do you hope for the future? What do you wish for? If you had a magic wand what would you change?