*E.g. I like doing cooking*

*E.g. I find school days difficult*

**Happy Days/Unhappy Days**

What makes some days go better or feel happier for you?

What should you change to make the unhappy days better for you?

**Happy days**

**Unhappy days**

*E.g. more time reading/doing sport*

How can I have more happy days and fewer unhappy days?