

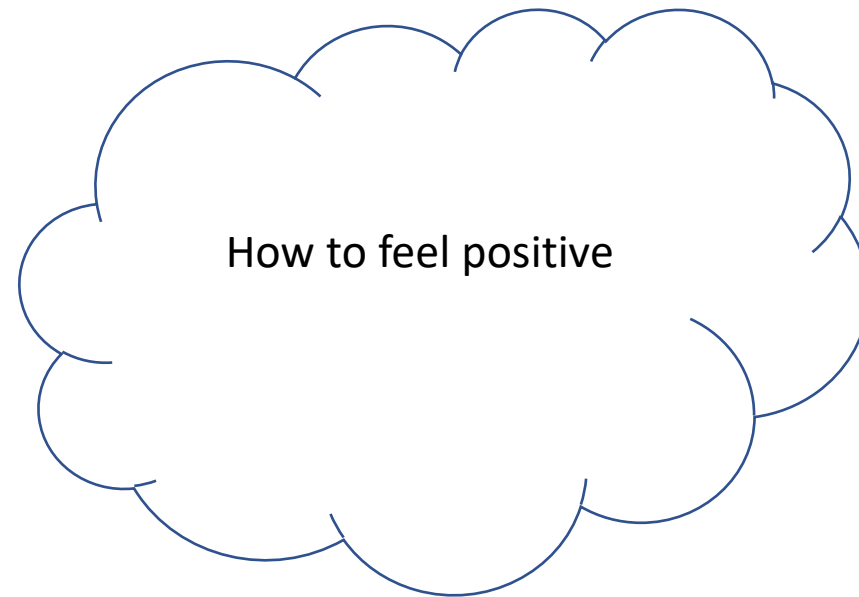
Moments
cards

Non-uniform day at school	Favourite song comes on the radio	It's raining
There is an argument in the group	The school bus is late	PE kit is lost
Goal scored!	New trainers are delivered	Someone says something nasty to someone else
The park is closed	No one wants to play today	Pizza for lunch
Find £5 on the pavement	Time for a bike ride	The sun comes out
There is a maths test today	Someone is not included	A hug from a friend
Best friend comes round to play		

Good

Neutral

Not so Good



How to feel positive