mooki WELLBEING

10-minute activity

My Yes Day

You plan it. We say yes!

Name _____ Date _____

1 What will we do? Draw it



2 When? Tick one

☐ Morning ☐ Afternoon ☐ All day

3 What do we need?

1 .....

2 .....

3 .....

FOR THE GROWN-UP

Let the child plan a fun treat and say "yes" to their ideas (within reason).
Let them choose when it happens and what you will need.

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