

My Daily Sunshine

This worksheet helps kids recognize the positive parts of their day, building gratitude and happiness.

Examples:

Example Sunshine Rays:

- Something that made me smile: Seeing a rainbow.
- Something kind I did: I helped my sister with her homework.
- Something I'm thankful for: My favorite toy.

Instructions:

1. Use the sun on the next page.
2. On each ray, write or draw something positive about your day:
 - Something that made you smile.
 - Something kind you did for someone.
 - Something kind someone did for you.
 - Something you're really good at.
 - Something you are thankful for.
3. Decorate your sun with colors and patterns.

