

Hi _____ (2-8)

I drew this picture of the room I sleep in so that you can see that I'm okay.

I met this really nice person, they made me laugh / smile when they said...

Sometimes just having someone grin or smile at you from across the wing can raise your spirits. No matter how hard you have found these first two weeks, if you think back through all the people you have interacted with...someone will have tried to engage positively with you. Who was that special someone for you & why...

The food in here is okay too, my favorite meal so far has been...

These are 3 reasons why I love you:

You give me hugs, you make me feel special, you encourage me, you make me feel happy, I love hearing your voice, you are my favorite person in the world. Talk about their special qualities.

1

2

3

The funniest thing that happened lately is:

Someone farted at the wrong time, someone told a funny joke, I saw a something on TV that made me laugh because...

These are my goals for the next week:

Think & pray for you every-day, keep myself positive, I'm going to start my diary. Try to eat healthily & get some exercise...

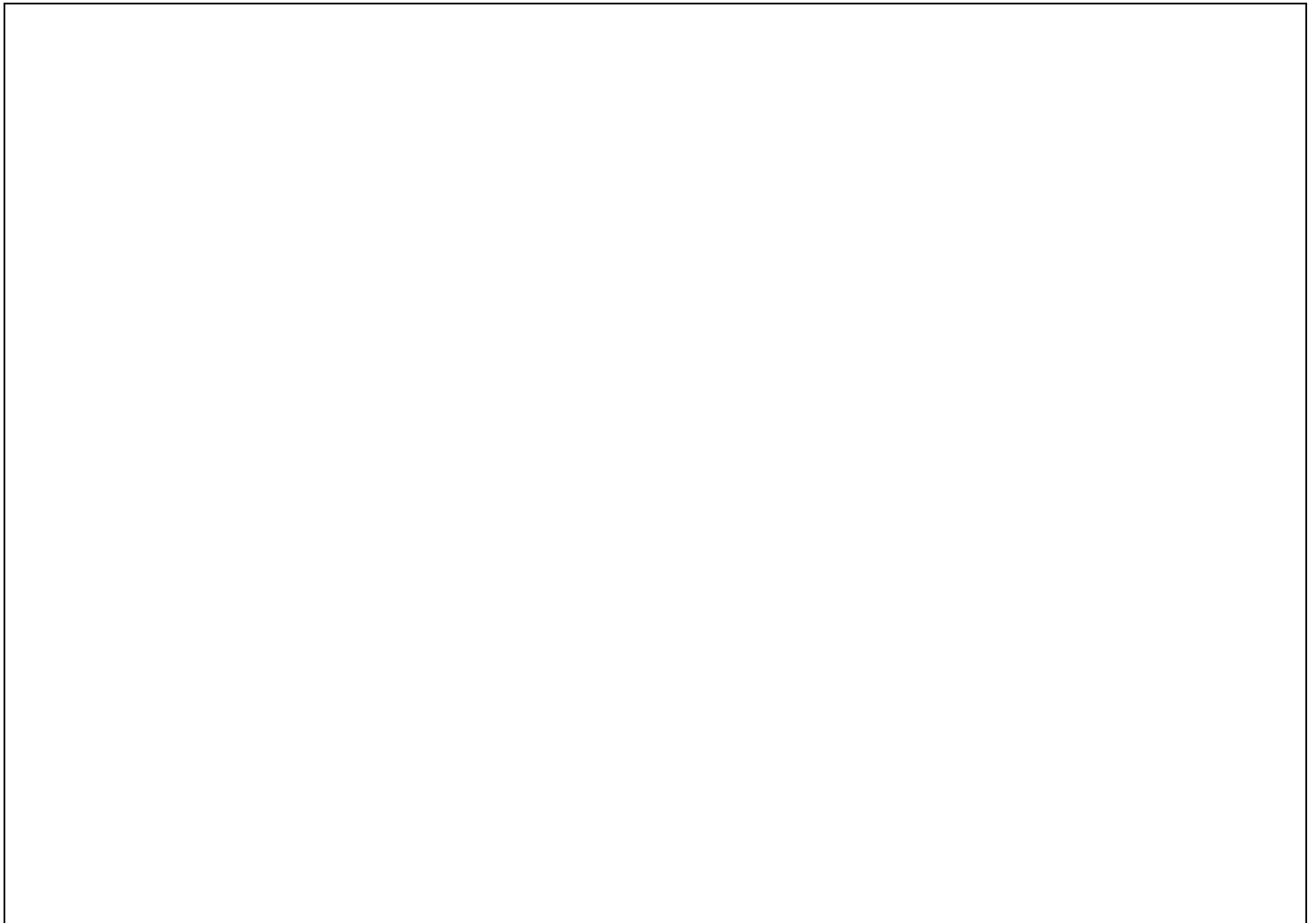
I Love you Always



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Can you draw your mum or dad a picture of a cat that looks like a zebra?



Hey that's not a cat!!