



**MOLLY ROSE  
FOUNDATION**



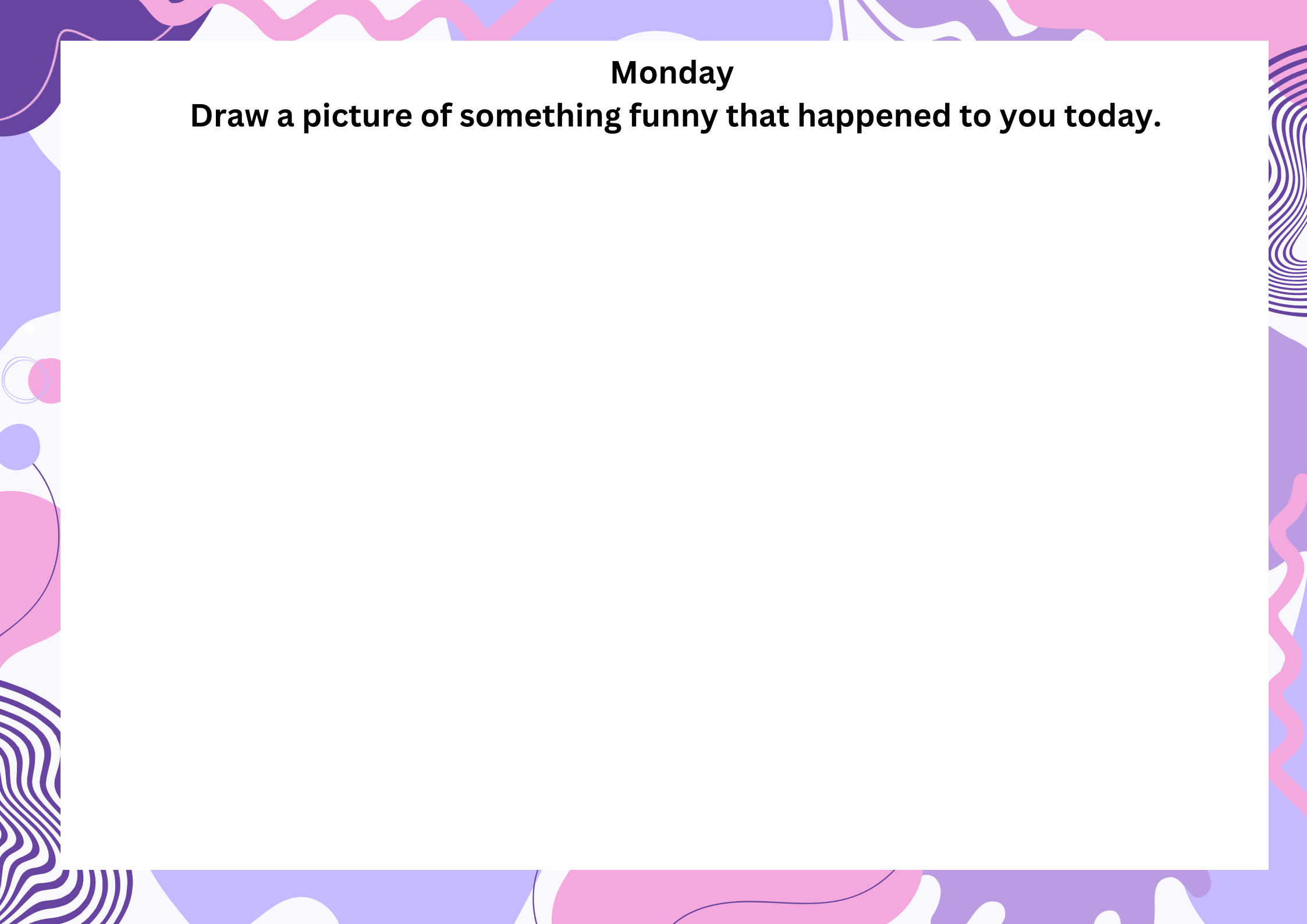
# **Know Yourself, Grow Yourself**

**A diary for  
Children's Mental Health Week**



**Monday**

**Draw a picture of something funny that happened to you today.**

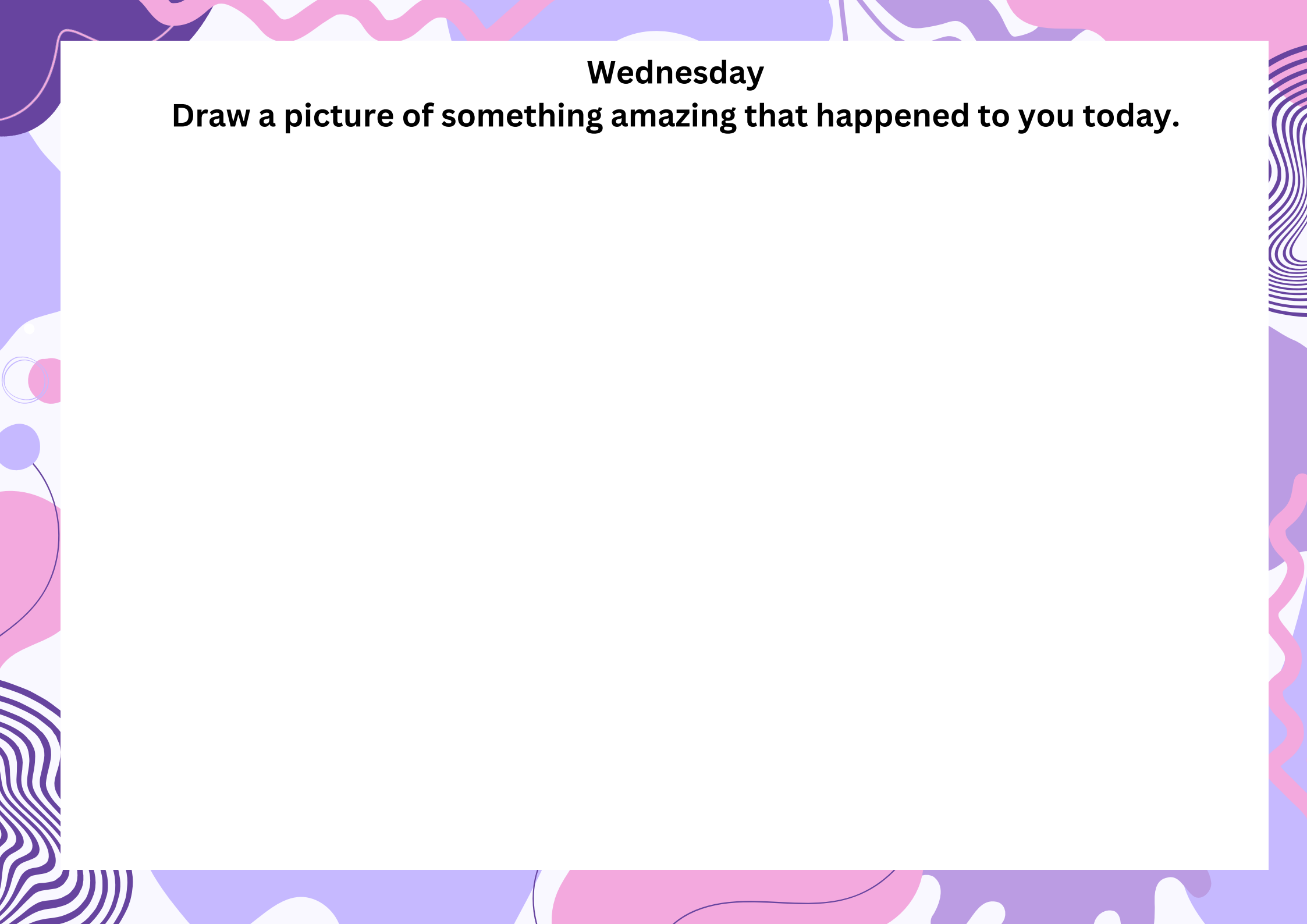


**Tuesday**

**Draw a picture of something kind that happened to you today.**

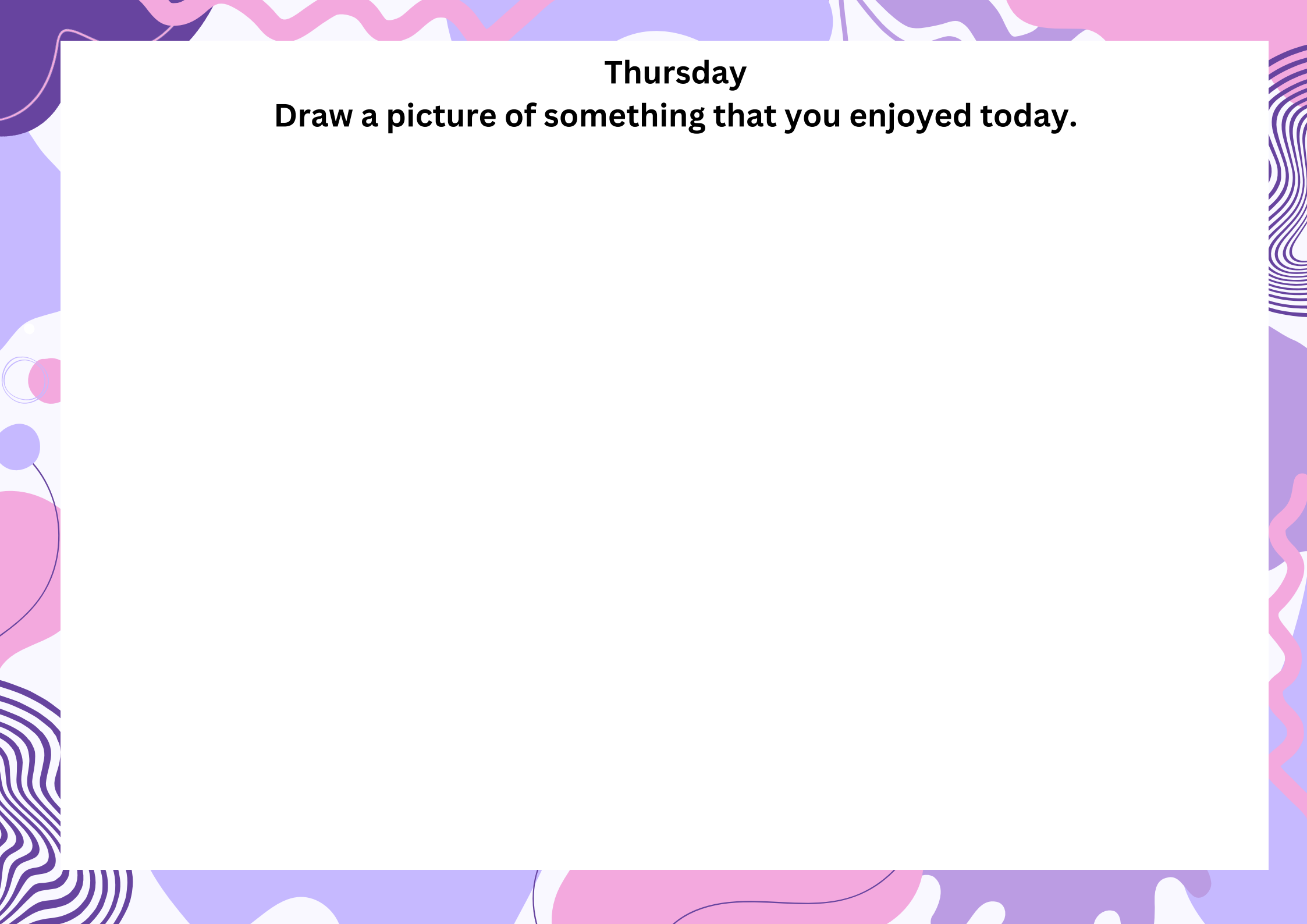
**Wednesday**

**Draw a picture of something amazing that happened to you today.**



**Thursday**

**Draw a picture of something that you enjoyed today.**



**Friday**

**Draw a picture of something that you are looking forward to.**