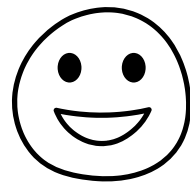Name: _____ Date: _____

DEMO PDF

Today is:

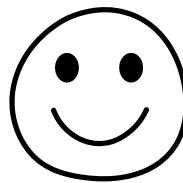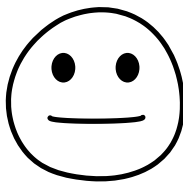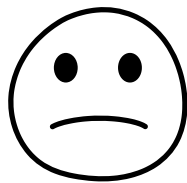**How I feel about today:**

My act of kindness:

Reason for my rating

Something new I learned today: