
APPENDIX 21.1: Daily Diary Document

The document can be modified. Students can use it to track emotions at the end of the day.

Acts completed:

1.

2.

3.

On this day, how much are you feeling each of these:

	1 = <i>not at all</i>			4 = <i>some</i>			7 = <i>completely</i>	
	1	2	3	4	5	6	7	
Happy	1	2	3	4	5	6	7	
Sad	1	2	3	4	5	6	7	
Calm	1	2	3	4	5	6	7	
Loved	1	2	3	4	5	6	7	
Angry	1	2	3	4	5	6	7	
Sad	1	2	3	4	5	6	7	
Guilty	1	2	3	4	5	6	7	
Pride	1	2	3	4	5	6	7	
Connected	1	2	3	4	5	6	7	

Overall, today my day felt meaningful:

1 = <i>not at all</i>			4 = <i>some</i>			7 = <i>completely</i>	
1	2	3	4	5	6	7	

- Other thoughts:

- Which acts (self or other) do you think were better for your overall happiness? Why?

- Does your happiness score reflect that?

APPENDIX 21.2: Instructions for Self-Kindness Day and Other-Kindness Day

SELF-KINDNESS DAY: TREAT YOURSELF

You are to do three intentional acts of kindness for yourself all in 1 day. These nice things don't need to be big, costly, or timely unless you want them to be—those details are up to you. The acts do need to be intentional (planned in advance—not retroactively decided after you do something nice for yourself) and out of the ordinary. Use your common sense—avoid anything that would be illegal or dangerous to yourself or others.

Optional Examples

Examples include having your favorite meal, treating yourself to a massage, or spending time on your favorite hobby. These nice things you do for yourself do not need to be the same as the examples listed above, and although they may involve other people, they should be things that you do explicitly for yourself, not others.

Adjustments to your original plans are okay. If one of your original plans does not work out, you can adjust and determine another intentional act of kindness for yourself to do during that day.

Adjust Based on How/If You Would Like Students to Track Their Emotions

Remember at the end of the day to write down your three acts and complete your emotion report using _____.

OTHER-KINDNESS DAY: PAY IT FORWARD

You are to do three intentional acts of kindness for others all in 1 day. These acts do not need to be for the same person. These nice things don't need to be big, costly, or timely unless you want them to be—those details are up to you. The acts do need to be intentional or planned in advance and out of the ordinary. In other words, they should not be retroactively decided after you do something nice for someone else (e.g., randomly compliment your friend and then decide it was one of your acts). Use your common sense—avoid anything that would be illegal or dangerous to yourself or others.

Optional Examples

Examples include making cookies for a friend, doing a chore for a family member, helping someone out, paying for someone's coffee in line behind you, video calling with a relative, or writing a thank you letter.

Adjustments to your original plans are okay. If one of your original plans does not work out, you can adjust and determine another intentional act of kindness toward someone else during that day.

Adjust Based on How/If You Would Like Students to Track Their Emotions

Remember at the end of the day to write down your three acts and complete your emotion report using _____.